

Class Outline

Yoga as Therapy

Sun City West Yoga Club

Class Introduction

Each class will address full body with emphasis on common ailments or issues. Classes may address arthritis, digestion/sleep patterns, scoliosis of the spine, low back pain, shoulders/neck, hips/knees, nervous system, or Parkinson's/MS. Postures will generally be practiced on the floor seated or lying on the mat. The class is based on re-educating the nervous system to work optimally, therefore one does not need to have any particular ailment to attend. Everyone can benefit and possibly prevent future onset of pain or ailment.

Targeted Level

- | | |
|--|---------------------------------------|
| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Beginner |
| <input type="checkbox"/> Beginner / Intermediate | <input type="checkbox"/> Intermediate |
| <input type="checkbox"/> Intermediate / Advanced | <input type="checkbox"/> Advanced |
| <input type="checkbox"/> Other (describe): | |
-

Student Prerequisites

- Yoga mat
- Blanket
- Small pillow
- Water
- Open mind
- You must be able to comfortably get up from, and down to, the floor unassisted.
- Wear comfortable clothing that allows you to stretch and bend.

Studio Methodology

Yoga is practiced in bare feet or special yoga socks; shoes are not allowed. The instructor will guide the class through a series of poses with transitional poses in between. Resting poses will be incorporated in these flows. Options and variations for each pose will be presented when they are available for those looking for less, or more, challenge.

The instructor will use a hands-on approach, lightly touching a participant to help achieve the proper pose alignment for maximum benefit and to prevent injury. Variations to poses will be suggested by the instructor to accommodate those with injuries or other physical limitations.

Upon the completion of each class participants should feel stretched, stronger, more flexible, and more confident than when they entered the studio.