

Session Outline

Iyengar Yoga Fundamentals

Sun City West Yoga Club

Session Introduction

In this session you will learn the basic/beginning standing poses within the Iyengar yoga tradition. You will be given careful instructions on how to move into each pose. You will learn how to focus on subtle body movements as a method to correctly move your body into the best anatomical alignment (bones, muscles, tendons, ligaments) for optimal flexibility, strength, durability, and balance.

You will gain a wonderful awareness of your postural body within space. Poses will be broken down into stages, thereby allowing beginners to understand the building blocks of each pose:

- Doing a pose correctly will help ensure that the body is properly aligned, reducing the likelihood of pulling a muscle or tearing a tendon.
- You will learn the subtle muscle and skin movements of each pose to achieve the best outcome.
- Breath control exercises (Pranayama) will also be explored.

Poses will be held for approximately 30 seconds at first. As core strength builds, this time will be extended to one minute. Building this core strength is essential and is another building block in this practice.

Targeted Level

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

Student Prerequisites

- 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.
- Equipment (student-provided):
 - A yoga mat (not a Pilates mat).
 - 2 blocks (4"x6"x9" recommended).
 - Two yoga blankets.
 - A yoga strap.
 - Other yoga accessories or props (e.g., knee pads, yoga socks, bolster, etc.) as you desire.

Methodology

The Iyengar Yoga Fundamentals offering is practiced as a session of eight classes, twice a week over a four-week period. Each class is approximately 60 minutes long.

Unlike other classes offered by the SCW Yoga Club, Iyengar Yoga Fundamental is not offered on a drop-in/pay as you go basis. Students will pay a flat fee prior to each four-week session. Payment will be required when you enroll in each session.

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 modifications 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. Modifications 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.