

Class Outline

Taoist Yoga

Sun City West Yoga Club

Class Introduction

Taoist yoga is a type of yoga which combines the ancient Indian traditions with the Chinese theories of energy maps of the body. This combination enhances the benefits of yoga as well as provide deeper insights into how the body works.

As well as having close links with traditional yoga, with its stretching, breathing and movement exercises, Taoist Yoga is also connected to Tai Chi. Taoist yoga is a way to fully understand the body and the self. It is considered an ideal practice for enhancing well-being on all levels.

Targeted Level

- | | |
|--|--|
| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Novice |
| <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

- Wear comfortable clothing that allows you to stretch and bend.
- Equipment:
 - Special Yoga or Tai Chi socks, soft soled shoes or Tai Chi shoes (barefoot is also acceptable)
 - A yoga or pilates mat is not used

Topics Covered in this Class

The class consists of standing exercises during the hour-long class. A Taoist yoga practice may include warmup exercises like Sun Salutations, standing movements, standing meditation, relaxation, mantra and breathing practices. Qigong routines as well as Classical Chinese health practices and meditation will be included. The student will learn certain routines or exercises for different areas of the body, time of year, Chinese element and more. The exercises presented in this class are designed to improve the whole person, body and spirit.

Studio Methodology

Taoist Yoga is practiced in bare feet or special yoga or Tai Chi socks; soft soled shoes or special Tai Chi shoes. The instructor will guide the class through a series of routines and exercises. Options and modifications for each will be presented when they are available for those looking for less, or more,

challenge. Modifications to the routines will be suggested by the instructor to accommodate those with injuries or other physical limitations.

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