

Class Outline

Hatha Yoga

Sun City West Yoga Club

Class Introduction

Hatha yoga is a traditional form of yoga that emphasizes physical postures (asanas) and breathing techniques (pranayama). It aims to balance the body's energies, known as "Ha" (sun) and "Tha" (moon).

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 – Varies by class. |

Benefits

- Improves physical strength and flexibility
- Reduces stress and anxiety
- Enhances balance and coordination
- Promotes relaxation and sleep
- Improves digestion and circulation
- Supports emotional well-being

Suitable For

Hatha yoga is suitable for people of all fitness levels. It can be modified to accommodate different abilities and injuries. Beginners can start with gentle poses and gradually progress to more challenging ones.

Hatha yoga is a traditional and versatile form of yoga that combines physical postures, breathing techniques, and meditation to promote physical, mental, and spiritual well-being. It is a suitable option for individuals seeking to improve their flexibility, reduce stress, and connect with their bodies.