



Class Outline

Yoga for Healthy Aging

Sun City West Yoga Club

Class Introduction:

- a. The purpose of this class:
 - a. Increase a students' strength, flexibility, and balance with a focus on bone health
 - b. Regular attendance in class can help increase bone mineral density, added physical strength and stamina and improve balance and coordination as well as better posture, enhanced flexibility and range of motion along with learning how to reduce stress and anxiety.
 - c. This class emphasizes the use of props (e.g., blankets, blocks, bolsters, chairs) to help supported students while learning and practicing poses with a focus on correct pose/asana alignment.

Targeted Level:

- a. All levels (Tuesday)
- b. Continuing Beginner/Intermediate (Friday)

Student Prerequisites:

- a. These classes are appropriate for any student who wants to learn yoga and explore hatha yoga concepts as it relates to one's body and mind
- b. Anyone who is excited about incorporating a yoga practice into their lifestyle.
- c. This class is appropriate for people recovering from surgery (e.g., knee, hip, shoulder surgery); this teacher is trained in yoga therapeutics
- d. Equipment: It is helpful if you bring your own--
 - a. Yoga mat
 - b. Yoga blocks, &
 - c. Yoga strap

Topics Covered in this Class:

This class will discuss the history of yoga, its development and practice. Some discussion will be around the Yoga Sutras of Patanjali and the 8 limbs of yoga (the original concept of



yoga) as well as Iyengar yoga. The use of “aum” with some chanting will be done in class to help activate the para-sympathetic nerve (Vagus nerve) and help create a calming environment for learning. The anatomy of the body will be reviewed and discussed as it relates to the yoga poses. Emphasis will be on basic yoga alignment and how to use yoga to increase bone density (osteoporosis, osteopenia—causes & cures).

Classroom Methodology:

Yoga is practiced in bare feet to allow students to connect to the ground. Shoes are not worn during yoga practice as they restrict the foot movement and placement. Socks should also be removed before class starts as they also restrict foot placement and movement. If you need an exception to this practice, please discuss with the teacher before class.

Each class is a carefully sequenced set of poses (asanas) by a highly trained/certified yoga Iyengar teacher with over 25 years of experience. This tradition of poses is taught in a methodical and progressive fashion, emphasizing safety, alignment, and the development of self-awareness. Resting poses are incorporated into these sequences as well as options for modifications to poses for beginning students, injured students or those with physical limitations. For an optimal learning experience, this class is 90-minutes long thus allowing students to explore and discuss poses’ application to their body and best approaches to each pose in the sequence.