

# Class Outline

## Yoga Flow

### Sun City West Yoga Club

#### Class Introduction

Yoga Flow focuses on fluid movements between postures, often synchronized with breath, creating a sense of flow and movement. This class pace and intensity is typically faster paced, with rapid transitions between postures, but it can also be slower paced at times to hold poses longer. Classes are more improvisational, with the instructor creating unique sequences based on the theme or focus for the session.

Benefits are improved flexibility and strength, stress reduction and relaxation, increased body awareness. Enhanced coordination, and improved mental clarity and focus.

#### Targeted Level

- |  |   |
|--|---|
| <input type="checkbox"/> All Levels              | <input type="checkbox"/> Novice                             |
| <input type="checkbox"/> Beginner                | <input checked="" type="checkbox"/> Beginner / Intermediate |
| <input checked="" type="checkbox"/> Intermediate | <input type="checkbox"/> Intermediate / Advanced            |
| <input type="checkbox"/> Advanced                | <input type="checkbox"/> Other – Varies by class.           |

#### Student Prerequisites

Students must be able to get up from, and down to the floor at a quicker pace than slow flow or general mat yoga.

#### Equipment

- A yoga mat (not a Pilates mat)
- Optionally, 1 or 2 blocks (4" X 6" x 9"); a yoga blanket; a yoga strap
- Other yoga accessories or props (e.g., knee pad, yoga socks, etc.) as you desire
- Wear comfortable clothing that allows you to stretch and bend
- Water bottle