

Class Outline

Living Well Movement

Sun City West Yoga Club

Class Introduction

This class is a powerful practice designed to help individuals process and release the energy of grief from the body through movement, breath, and sound. It supports those experiencing any form of loss – whether it's related to relationships, life transitions, or emotional challenges by facilitating healing and renewal on both physical and emotional levels. This practice empowers individuals to move through their grief in a healthy, transformative way, helping restore balance and inner peace. It offers guidance and support to help process and release emotional weight, allowing participants to move forward on their healing journey.

Each class will be approximately 60 minutes long.

Targeted

- | | |
|--|--|
| <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

The Living Well Movement class is for everyone, regardless of fitness age or body type.

Classroom Methodology

Participants are seated in chairs throughout the class.

The instructor will guide the class through a series of sound, movement and breath exercises. The power of movement, breath and sound is used to inspire participants to release pain and struggle to connect to love, harmony and peace.

Upon completion each class participants should feel they are enhancing their well-being on all levels.