

Session Outline

Iyengar Yoga Fun-damentals

Sun City West Yoga Club

Session Introduction

In these classes you will learn the basic Hatha Yoga foundational poses. You will be given careful instructions on how to move into and out of each pose. You will learn how to focus on subtle body movements as a method to correctly move your body into the best anatomical alignment (bones, muscles, & tendons) for optimal strength, endurance, and optimal body movement in addition to flexibility and relaxation.

You will gain an awareness of your postural body within space. Poses will be broken down into stages, thereby allowing beginners to understand the building blocks of each pose:

- Doing a pose correctly will help ensure that the body is properly aligned, reducing the likelihood of pulling a muscle or tearing a tendon/ligament.
- You will learn the subtle muscle and skin movements of each pose to help achieve maximum outcome.
- Breath control exercises (Pranayama) will also be explored.

Targeted Level

- | | |
|-------------------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> All Levels | <input checked="" type="checkbox"/> Beginner |
| <input checked="" 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 move and stretch.
- Equipment
 - A yoga mat (not a Pilates mat)
 - 2 yoga blocks (cork recommended)
 - Two yoga blankets
 - Yoga strap
 - Other props, such as bolsters, yoga chairs are welcome.

Methodology

The Yoga Fundamentals class is offer once a week. Each class is 60 minutes long.

Yoga is practiced in bare feet. The instructor will guide the class through a series of poses with transitional poses in between. Resting poses will be incorporated in these sequences. Options and modifications for each pose will be presented, as needed, for students who have physical limitations, injuries, or recent surgeries. Chairs will be used in class for many of the poses.

This is a holist method that teaches body/mind connection as well as the mind/spirit connection.

Upon approval of student, some hands-on modifications (if appropriate) may be used to help guide student to achieve better pose alignment. Upon completion of each class participant should feel stronger, more flexible, and grounded.