

## **Yoga Course Description**

**Course Overview:** Students will be introduced to a variety of yoga styles. They will learn many basic postures such as mountain pose, downward facing dog, upward facing dog, and the warrior poses. They will practice forward bends, backward bends, side bends, hip openers, arm balances, and inversions. Some classes will focus on alignment and holding postures, while other classes will focus on flowing movement through a series of postures. This class is open to all levels and not religiously based. The meditation component focuses on the wellbeing of the mind and body, and the integration of the breath with movement, rather than spiritual pursuits.

This course is offered during the first period of the day. Yoga should not be practiced with a full stomach. Students should eat only a light breakfast before class and bring with them water and food that they can eat after class.

**Course Goals:** Students should become more comfortable with their bodies. Students will learn some anatomy of muscles and bones. There should be an increase in their range of motion in all directions. There should be an overall improvement in their health and happiness.

**Requirements:** Students must come to class dressed for yoga everyday.

**Materials Provided:** mat and strap