

## **BASIC YOGA**

Thursday: 9 a.m.–10:15 a.m.

Instructors: Brian Hanson, Lorie Tudor, Barbara Bareford

Instructor guided yoga practice (poses, breathing, & relaxation). Basic yoga postures, stretches, breath control, balances, relaxation and meditation are explored. Those with physical disabilities are welcome and may participate in activities according to their ability. Participants should bring a yoga mat or towel. Limited to 60 students.

### **Course Content Description Form**

No previous experience with yoga is necessary. It is helpful to arrive a few minutes early to set up your yoga mat or towel. No outside preparation time is required, though practicing several times during the week will improve results. The instructors will demonstrate the poses while describing the movements to make as you work your way into them. The routine also includes breathing mindfully and finding ways to achieve full relaxation.