

Yoga: Come As You Are

Course Description

The class is in hybrid form and will include 15 physically present participants and 15 Zoom participants. The class follows the traditional hatha yoga format, meaning two sequences, A and B, of yoga poses (shapes), and then a core section segueing into seated or reclining yoga shapes and ending in a 5-minute rest. However, trauma-sensitive principles govern the class. Participants are welcome to tailor each sequence's shape, pace, and breath rhythm, noticing how their choices change their physical feelings. English rather than Sanskrit names the shapes as participants progress through the sequences. Suggestions for the playlist are most welcome! The class is "critique-free," and the facilitator will not give hands-on corrections to participants.

Weekly Layout:

Each week will follow the format given previously. When it appears that students are comfortable with a set sequence, the facilitator will devise a new sequence of shapes based on participant feedback. Therefore, giving a week-by-week set of shapes is impossible because the class participants will decide when to move forward and what shapes they want to explore.