

Revised 2-26-24



SCC Yoga Club Classes for April 2024



Dance Studio 2
1203 N. Pebble Beach Blvd.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:15a.m. Gentle-to-Moderate Flow <i>with Sue</i>	8:00 - 9:15a.m. Gentle Yoga <i>with Lynne</i>		8:00 - 9:15a.m. Gentle Yoga <i>with Lynne</i>	8:00 - 9:15a.m. Gentle-to-Moderate Flow <i>with Sue</i>
9:30 - 10:45a.m. Gentle Flow <i>with Vicki, Libby or Jill *</i>		9:30 - 10:45a.m. Gentle Yoga <i>with Lynne</i>	9:30 - 10:45p.m. Gentle Yin Yoga <i>with Diane</i>	9:30 - 10:45a.m. TEMPORARILY SUSPENDED
	1:00 - 2:15p.m. Gentle Yin Yoga <i>with Diane</i>	11:00 a.m. - 12:15p.m. Chair Yoga <i>with Debbie</i>		11:00 a.m. - 12:15p.m. Chair Yoga <i>with Debbie</i>
			6:00 - 7:30p.m. Relaxing Somatic Yoga <i>with Lynne</i>	

- * 4/1 Vicki or Libby
- 4/8 Jill
- 4/15 Jill
- 4/22 Jill
- 4/29 Vicki or Libby

Cost: First Class FREE; then \$20 Annual Club membership, plus \$10 per month for unlimited classes
(Please pay with a check made payable to: **SCC Yoga Club**)

Website: sccyogaclub.uplifter.com (Register online here, or just show up!)

More Information: Call **Sandra Kerezsi** at **813-634-7075**

Please Note: Have physician approval or accept full responsibility for any health problems
Please inform your instructor of any health concerns.



SCC Yoga Club Class Descriptions



Gentle-to-Moderate Flow *with Sue*

This class offers a blend of exercises and poses to improve strength, flexibility as well as balance with emphasis on breathing, alignment and body awareness. Modifications are offered to tone it down for beginners or take it up a notch for students with more experience. We practice bringing the pose to your body, not your body to a pose. Props are encouraged. See you on the mat!

Gentle Flow *with Lynne*

This class integrates Yoga Basics and ancient practices designed to help the body move mindfully and safely. We begin with opportunities to “oil the joints”, find our breath and wake up the flow of energy. Rather than moving through a flow on one breath, we move into our expression of a posture, sensing and feeling, and finding ourselves through it. We seek just the right “ah-ha” expression within ourselves.

Gentle-to-Moderate Yoga *with Lynne or Diane*

This early morning class might be the “just right” accompaniment for the health of our active seniors in SCC. The instructor will target an area of the body, use a theme from yogic texts/poetry for focus. Options to do more or less are always available and encouraged as you follow your desire that day, along with mindful breathing and the use of props. A focus on core strength is integral to support overall health, better balance and body awareness. Welcome yourself to this terrific “yoga tribe” and connect with like-minded folks in the club.

Gentle-to-Moderate Flow *with Lynne*

This class offers a broader span of possibilities within the practice to suit the individual in the moment. By modifying this or bumping it up to that to satisfy each individual student, we remain focused on individual breath and inner experience. This class weaves in ancient knowledge and practices with an eye towards safety and expanding knowledge.

Yoga Nidra *with Lynne*

Once a month through the “Snowbird Season” (the third Thursday, October through March), enjoy this easy and effective form of guided relaxation. No meditation experience is needed and no movement required. Just come in, lie down on your mat and follow a healing journey spoken by the instructor as she takes you through the koshas (or veils) of the body. Feel free to bring along any comfort items you wish from home, like a small blanket or pillow to support your body. As you depart, expect a lovely sense of deep rest, not unlike REM sleep, though fully awake and aware. Arrive a few minutes early to settle onto your mat.

Chair Yoga *with Debbie*

This class includes the many benefits of yoga while enjoying the support of a chair. The majority of the poses will take place seated, while a few will be performed standing using the chair as a prop and for support. The focus of the asanas and stretches is to improve flexibility, skeletal alignment, muscle tone, posture, balance, circulation, breathing, and to relieve stress and tension in the body and mind. Each pose or stretch is done slowly and in conjunction with the breath. The instructor provides plenty of verbal instruction throughout. The practice ends with 15 minutes of Savasana (relaxation), which will be accompanied by guided meditation, positive affirmations and/or calming music.

Gentle Yin Yoga *with Diane*

Yin Yoga targets the connective tissues, such as the ligaments, bones and joints of the body that normally are not exercised very much in a more active style of asana practice. The connective tissue of the hips, pelvis and lower spine are the main focus. Yin Yoga is a natural healing practice that yoga teachers are rediscovering and integrating into their practice. As important as it is for our physical and mental well-being to be strong, it's not muscular strength that gives us the feeling of ease and lightness in the body – it is the flexibility of the joints. Connective tissues resist brief stresses but slowly change when a moderate stress is maintained for 1 – 3 minutes. Yin postures should be held with muscles relaxed. *This class is performed entirely on the floor.* Please do not wear flip flops or sandals to class.

Relaxing Somatic Yoga *with Lynne*

This class is designed to build connections between the brain and the musculature. We do this with slow and mindful movement. It has been reported that most people lose this connection by 35, but this practice can help you build the neurotransmitters needed to reconnect your brain to your muscles. Being slow and mindful in our movements, we can sense and feel what is working within our body, thus supporting our wellbeing and safety. Students claim this gives them the best night's sleep in the week!

