

Effective 3/1/252



# SCC Yoga Club Classes for March 2025

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 Teri</i>		8:00 - 9:15a.m. Gentle Yoga <i>with Christy</i>	8:00 - 9:15a.m. Gentle-to-Moderate Flow <i>with Sue</i>
10:00 - 11:15a.m. Sequential Flow <i>with Kit</i>		9:30 - 10:35a.m. Sequential Flow <i>with Kit</i>	10:00 – 11:00a.m. Yin and Zen <i>with Diane</i>	
	1:00 - 2:00p.m. Gentle Yin <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>

**Cost:** *First Class FREE*; then \$30 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](http://sccyogaclub.uplifter.com) (Register online here, or just show up!)

**More Information:** Call Vicki Kosin, 810-335-6454 or Robin Welser, 484-515-5772

**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!

## **Sequential Flow** *with Kit*

Based on and modified from the Ashtanga teachings of Jois, this flow class is like a peaceful dance, one movement flowing into the next. Kit taught Ashtanga Vinyasa Yoga for 16 years in the Orlando area and then joined the teaching staff here in SCC for 2 years. In August, 2023, after a torn meniscus and a doctor's decree that it would take a year to heal, Kit took the year off and returned in September, 2024 with a new Sequential Flow offering. The class will begin gently, then eventually move into a more moderate practice as those who come regularly warm to the sequences.

## **Gentle Yoga** *with Teri*

For the yoga curious, or those with years of experience, this class offers a focus on compassionate self-awareness. This instruction from an experienced teacher is based on options. You will be encouraged to explore sensation, movement and breath in ways that honor the needs of your body in the moment. This may mean doing less on some days, or more on others. In this "no judgement zone" we honor our bodies and explore possibilities for better overall health. Expect calming music, a bit of poetry for centering, guidance on movement, the use of props, a relaxing period of rest at the end - and whenever possible, *humor*, to welcome more fun and boost the immune system.

## **Gentle Yoga** *with Christy*

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 Yin Yoga and Yin & Zen** *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. 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. Enjoy the "Sound Bath" of crystal singing bowls performed by Diane during half of the Yin & Zen class on Thursdays. *This class is performed entirely on the floor.*

## **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 verbal guidance throughout. The practice ends with 15 minutes of Savasana (relaxation), accompanied by guided meditation, positive affirmations and/or calming music.

