

Effective 11/1/24

SCC Yoga Club Classes for November 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</i> <i>Jill: 11/5, 19, 26</i> <i>Vicki: 11/12</i>	<i>SCC Yoga Club</i> <i>Board Meeting</i> 11/13, 3:00pm Palm Room	8:00 - 9:15a.m. Gentle Yoga <i>with Christy</i> (<i>with Diane 11/7</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> (<i>with Jill on 11/13</i>)	10:00 – 11:00a.m. Gentle Yin Yoga <i>with Diane</i>	
	1:00 - 2:00p.m. Gentle Yin Yoga <i>with Diane</i> (<i>with Debbie on 11/26</i>)	11:00 a.m. - 12:15p.m. Chair Yoga <i>with Debbie</i>	<i>Happy</i> <i>Thanksgiving!</i> (No Class on 11/28)	11:00 a.m. - 12:15p.m. Chair Yoga <i>with Debbie</i>

POP-UP CLASS!
Sequential Flow
with Kit
Saturday, 11/2,
9:00 – 10:00am
See flyer for more
details!

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, 813-634-7075 – or – Vicki Kosin, 810-335-6454

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 Yoga *with Christy, Jill or Libby*

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.

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. Last August, after a torn meniscus and a doctor’s decree that it would take a year to heal, Kit took the year off and she is now ready to return with a new Sequential Flow offering. The class will begin gently in September, eventually moving into a more moderate practice as those who come regularly warm to the sequences.

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.



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