

Yoga 4 Wellness Professional Development Day **2011**

Yoga is an increasingly popular way for people of all ages and skill levels to maintain a healthy, functional lifestyle by increasing strength, flexibility, balance and reducing stress.

This session will include a brief overview of the benefits of yoga and a sample class. No previous experience is required and participants are encouraged to wear comfortable clothing.

When: Wednesday, January 05, 2011 at 10:30am

Location: PH 102

Instructor: Carly Hopper



What is Yoga?

The word yoga means "union" in Sanskrit, the language of ancient India where yoga originated. We can think of the union occurring between the mind, body and spirit. Generally, "westerners" identify yoga to be simply practicing the poses/physical postures/asanas.

Benefits of Yoga

Increase Flexibility
Increase Bone Density
Improve Balance
Peace of Mind
Everything is Connected

Build Stronger Muscles
Improve Posture
Be Present and Relax
"I am at Peace"

Yoga 4 Wellness Classes

Tues. & Thurs. Jan. 11- Mar 3 12:05-12:50pm \$2 Drop in Fee Location: PH102

Resources

McCall, T. (n.d.). Count on yoga: 38 ways yoga keeps you fit. Yoga Journal, Retrieved from

<http://www.yogajournal.com/health/1634>

What is yoga?. (n.d.). Retrieved from

<http://yoga.about.com/od/beginningyoga/a/whatisyoga.htm>

Sample Class/Poses

Sit and Breath Awareness

Neck and Upper Body Stretches

Lay on Back

Full Body Stretches

Lower Back Stretch

Torso Twists

Ball Hug

Full Body Stretch

Roll over to Hands and Knees

Hands and Knees/Table Top

Cat, Cow, and Puppy Poses

Child Pose and Wrist Stretches

Downward Facing Dog Pose

Walk Feet up to Hands and Roll up to a Standing Position

Stand

Toe Exercises

Tree Pose

Wide Leg Stance

Forward Fold with Twists

Warrior 2 Pose

Triangle Pose

Chair Pose

Forward Fold

Plank Pose/Push Up Position

Lay on Stomach

Cobra Poses

Child Pose

Sit on Bottom

Boat Pose

Lay on Back

Bridge Pose

Full Body Stretches

Lower Back Stretch

Torso Twists

Ball Hug

Full Body Stretch

Savasana

