

YWCA YOGA

MAY THE PEACE THAT PASSES ALL UNDERSTANDING BE WITH YOU NOW AND ALWAYS!

Let us begin to plan the future with renewal and faith by opening ourselves to experiences that we haven't had before through yoga practice. You will be brought into the awareness of oneness and unity that exists by the grace of spirit, in mind, and body. I have been doing yoga and teaching it for a long time and I am still learning. Yoga is an evolving and revealing practice bringing new depths of experience and understanding.

Classes consist of:

- A short period of breathe awareness to relax the body.
- We then take time to relax the mind by consciously letting go of the past and releasing anxiety about the future.
- We will then learn to focus on the present moment or life as it is.
- Next comes asana postures static, dynamic, isometric or passive with or without props. (belts, wall, chairs)
- We end class by learning to relax the body so it can absorb the new movement patterns we have learned. We experience different ways to enter and remain in meditation. We will be led into a higher and more profound, fulfilling states of consciousness. We will see ourselves and the environment with a new clear vision.

Benefits of Yoga:

Yoga is an ongoing expression of connecting and expanding the mind & body into new dimensions of awareness. We use the postures to increase and maintain the Range of Motion (ROM). ROM is maintained by stretching and contracting muscles and fascia (a thin sheath of fibrous tissue enclosing a muscle or other organ) that are involved with stiffness and pain. Asana postures help with alignment and proper movement towards your pose. We use postures and breathe techniques to express and release physical and mental blockages and feelings that are usually disconnected from conscious thought.

NAMASTE

Shanti – peace of mind; Shanta – a calm relaxed body; Shantihi – a active peace within you and surrounding you that passes all understanding.