

Just Breathe's Class Descriptions for Winter 2010

These classes are posted on our open calendar, meaning no registration is required in advance. You may drop in to take any of these classes. Classes are approximately 1 hour. Most yoga classes include about 50-55 min. of postures and 5-10 min. of relaxation or light meditation and require a yoga mat.

Beginner Yoga- This Hatha yoga class focuses on basic postures with attention to proper alignment, connecting breath to movement, and general body awareness. The connection of relaxing breath and safe movements will help create a healthy foundation for your future yoga experiences. This class is slower in pace and may be taken by all levels.

Beginner/ Yoga I- Recommended for all levels. This class uses many basic postures as found in a beginner class with some more challenging poses or versions of the basics, at the discretion of the instructor. Options for beginners will always be made available. A good class for those transitioning from Beginner Yoga.

Yoga I- Recommendations: Beginner Yoga. Participants will take the foundational Hatha yoga experiences into more challenging poses and continued breath work in a balance of strength and flexibility.

Yoga I/II- Recommendations: Yoga I. Continue the evolution of basic poses in Hatha style into an intermediate or more advanced level. Slightly faster in pace than Yoga I, more challenging poses and/or flowing sequences, may be used.

Relaxing Yoga with Extended Meditation- Recommended for all levels. This class is intended to release stress and tension with calming music, strong connection to breath, and smooth transitions between gentle yoga poses. Expect about 35-40 minutes of postures and poses, and 20-25 minutes devoted to a variety of meditation techniques, physical relaxation, and focused breathing.

Fusion- Recommended: Yoga I and Pilates. A blend of Yoga I and mat Pilates exercises are performed in interval style segments with compliments from both forms of movement to strengthen, stretch, challenge the core muscles, and relax the body. This class also uses the balance ball. Please bring one, along with your yoga/Pilates mat.

Zumba- Expect to find hypnotic Latin rhythms along with easy to follow dance-like moves. Together they create a fun and dynamic fitness class that will energize as it works you. Participants are encouraged to bring a pair of clean, dry sneakers for this class.