

CAROLYN'S FALL 2011 CLASS SCHEDULE

Classes begin the week of September 11, 2011

(Tuesday classes run 13 weeks unless otherwise noted; Thursday classes run 12 weeks. No classes the week of Thanksgiving.)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|--|-----------|--|--------|----------|
| | | Yoga 1 10:15-11:45am DCRC | | Yoga 1&2 10:15-11:45am DCRC | | |
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| | | Yoga Basics (6 Weeks) 6:00-7:00pm DCRC | | Yoga 1 5:30-7:00pm DCRC | | |
| | | Yoga 1&2 7:15-8:45pm DCRC | | Yoga 2 7:15-8:45pm DCRC | | |

*DCRC = Damascus Community Recreation Center is located on Oak Drive, Damascus, MD.

Class Details

Yoga Basics

Curious about yoga but haven't yet taken the plunge? This class is for you! Yoga Basics is a six week series geared towards students brand new to yoga. Students will learn about the structure of a yoga class, breathing techniques to deepen awareness and relaxation, and basic poses with a focus on proper alignment to increase flexibility, strength and range of motion. After taking this series, students are encouraged to take Level 1 yoga.

Yoga 1

For beginners and experienced beginners, Yoga 1 introduces the principles of body alignment and breath awareness in the basic poses, and yoga fundamentals including the use of props. Students will experience improved muscle tone and flexibility, increased circulation, better concentration, and a deeper sense of well-being in this active beginner's class.

Yoga 1&2

This moderately paced class builds on knowledge gained in Yoga 1. Refine your understanding of the principles of alignment and deepen your connection with your breath while continuing to build strength, endurance, and flexibility. Students will learn more challenging variations of the basic poses and be introduced to new postures with modifications as appropriate for each individual. This class is suitable for students who have completed at least one session or more of Yoga 1 and those who have prior yoga knowledge.

Yoga 2

Empower your practice and your life through this dynamic Yoga 2 class. Students will explore more challenging poses and sequences, including preparations for inversions, arm-balancing and back-bending postures. This class is suitable for continuing students who have completed at least one or more sessions of Yoga 1&2 and those who have had at least 6 months of continuous yoga practice.