

EPIC Yoga

First Class at 10 AM, Friday February 10 in the Faculty House

First class is free, then sign up for the next 3 @ \$10/class

No experience necessary:

Each 1-hour class will be a mixed-level class geared for beginners-to-intermediate yogis. We will practice breathing techniques and move through some basic yoga poses, concentrating on alignment, balance and flexibility. Those with experience will move deeper into the poses.

Yoga can benefit people at all levels of physical training and health but it is always wise to consult with your doctor before undertaking any new exercise regime. Modifications will be offered to any participants with specific limitations (recovery from injury, arthritis, limited movement, etc.).

What to wear:

The most important thing is to wear clothing that is comfortable for moving, bending and twisting, either loose or stretchy - tights, shorts, sweat pants, sports bra, t-shirt, sweatshirt.... Layers are particularly good to shed or don as the body warms and cools. Shoes will be left at the door but bring socks to put on during relaxation.

What to bring:

Bring a small towel and if you have one, a yoga mat. If not, a mat will be provided. If you have them, you can also bring blocks, a strap and a yoga blanket.