

## Yoga & Breathwork – Thursday

**Course Objective** – To gain knowledge and increase ability regarding yoga asanas (poses), basic Tai Chi movement, and basic yoga philosophy, including the Yamas and Niyamas. To increase knowledge and understanding of breathing techniques, including relaxing, energizing, cooling, and heating breath techniques. Increase strength and flexibility and improve balance. To become more aware of the connection between body and mind. While there is a basic description of each yoga class, the students will be asked what they would like to work on for each class regarding how their bodies feel: tight shoulders, stiff back, anxiousness... At the end of class, students will be asked how their bodies responded to the class and what they liked and didn't like. No one will be forced to answer out loud. This Zoom class can be done sitting in a chair.

**Items needed:** comfortable clothes, a yoga mat, and a yoga blanket (optional). If you are uncomfortable with bare feet, wear non-skid socks for safety.

**Contact info** – Louise M. Hamlin-Laird email – [lairdyoga@gmail.com](mailto:lairdyoga@gmail.com)

This class is for beginners and intermediate students. If deemed appropriate, an advanced asana may be offered with options to make it more accessible for all students.

Week 1: An overview of yoga, safety concerns, gentle movement, breathwork, and a brief discussion of the Yamas and Niyamas. Briefly discuss the Yama Ahimsa ~ Nonviolence.

Week 2—Movement 2 (builds upon prior asanas). Breathwork 2 reviews of previous material and new material. A brief discussion of the Yama Satya ~ Truthfulness.

Week 3—Movement 3 (builds upon prior asanas). Breathwork 3 reviews of previous material and new material. A brief discussion of the Yama Asteya ~ Nonstealing.

Week 4 - Movement 4 (builds upon prior asanas) Breathwork 4 reviews of previous material and new material. A brief discussion of the Yama Brahmacharya ~ Nonexcess.

Week 5 - Movement 5 (builds upon prior asanas) Breathwork 5 reviews of previous material and new material. A brief discussion of the Yama Aparigraha ~ Nonpossessiveness.

Week 6—Movement 6 (builds upon prior asanas). Breathwork 6 reviews of previous material and new material. A brief discussion of the Niyama Saucha. ~ Purity.

Week 7—Movement 7 (builds upon prior asanas). Breathwork 7 reviews of previous material and new material. A brief discussion of the Niyama Santosha ~ Contentment.

Week 8 – Movement 8 (builds upon prior asanas) Breathwork 8 reviews of previous material and new material. A brief discussion of the Niyama Tapas ~ Self-Discipline.

Week 9—Movement 9 (builds upon prior asanas). Breathwork 9 reviews of previous material and new material. A brief discussion of the Niyama Svadhyaya ~ Self-Study.

Week 10—Movement 10 (builds upon prior asanas). Breathwork 10 reviews of previous material and new material. A brief discussion of the Niyama Ishvara Pranidhana ~ Surrender.