

Rise & Shine – Saturday

Course Objective – To gain knowledge and increase ability regarding yoga asanas (poses) and basic yoga philosophy, including the Yamas and Niyamas. To increase knowledge and understanding of breathing 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.

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

Contact info – Louise M. Hamlin-Laird email – lairdyoga@gmail.com

This class is for everyone: beginners, intermediates, and advanced. However, to get the maximum benefit of this class, the student should be able to get on the floor. A chair will be made available if the student wants only to do the breathwork and/or an accessible version of the pose.

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.