

# YOGA AND PILATES CLASS DESCRIPTIONS

January 2012  
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## HATHA YOGA:

Improve flexibility, circulation and balance. Strengthen and tone muscles, release stress and tension in mind and body.

Basics: For beginners and those who want to improve alignment and focus.

Beginner (Level I) – Well rounded class for beginners and those who prefer a slower pace.

Intermediate/Advanced (Level II) Rigorous, fast paced. Experience necessary.

Hatha Yoga works through the mastery of the body and breath. It involves a system of asanas (postures) that train through breathing and relaxation techniques.

## RESTORATIVE:

Class is interspersed with passive Restorative poses, which deepen the understanding of how we can bring recuperation to the inner organs, the nervous system and the consciousness. Through the use of props, poses are held comfortably and restfully to allow the breath, body and spirit to open. For beginners as well as established Yoga enthusiasts.

## IYENGAR YOGA:

The Iyengar method of Yoga is initially learned through the in-depth study of *asanas* (posture and *pranayama* (breath control). Iyengar yoga has over 200 classical yoga Asanas and 14 different types of *Pranayamas* (with variations of many of them) from the simple to the incredibly difficult.

These have been structured and categorized so as to allow a beginner to progress surely and safely from basic postures to the most advanced as they gain flexibility, strength and sensitivity in mind, body and spirit.

As all bodies are different and people have different weaknesses and strengths, props such as wooden blocks, chairs, blankets and belts are used to help one adjust or support oneself in the different postures so that one can work in a range of motion that is safe and effective.

## PILATES MAT CLASS (intermediate)

This class focuses on building core strength in the abdominals and low back by incorporating pelvic stability and abdominal control. It also enhances flexibility and builds strength by using progressive range of motion movements

## PILATES BASICS:

In addition to learning the history and basic concepts of the Pilates method, you will also learn terminology and how to apply the movements to your workout. Proper form is emphasized to improve posture, body awareness and body symmetry.

**EARLYBIRD PILATES:** A slightly shorter version of Pilates Basics; held at 5:45 am on Monday mornings. Crunched for time? Come on in and try it! It is recommended that you warm up for 10 minutes prior to class starting.

## T'AI CHI CHIH:

In this class we learn how to access and cultivate the life force (chi) through the soft, flowing movements of T'ai Chi Chih. The movements are gentle, easy to learn, and can be done by almost anyone. Some of the health benefits are stress reduction and a greater sense of well-being.

## STRENGTH/CARDIO

**BASICS:** Participants will focus on improving their overall cardiovascular fitness through basic low impact movements. Segments of strength training and stretching are also included. The tempo of the class is perfect for seniors and novice exercisers of all ages.

## Guidelines for Yoga and Pilates Classes:

- Arrive a few minutes early to class. Enter the yoga studio quietly and use the time for a few moments of meditation or gentle stretching. If you arrive late, find a place at the back of the room unless otherwise instructed by the teacher. Avoid leaving the class during meditation or savasana. If you must leave during class, please close the door gently.
- Alert the instructor to any injuries prior to the class starting. This will help the instructor know to give you modified poses if necessary.
- Please bring your own yoga mat or towel to class.
- Please be aware of personal hygiene and refrain from wearing any fragrance to class.
- **Remember to mute or turn off cell phones.**
- Thank you for observing these guidelines



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