SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES



Yoga Class

Spring Session I (January 14th – March 13th)

Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is $20.00 for 1 day/week (choose one day), $40.00 for 2 days/week (Mon/Wed). The Public rate that all applies to all other individuals is $40.00/$80.00 for 1-2 days/week.

SPACE IS LIMITED!! To register, please fill out the SIRA Fitness Online Registration Form: https://www.southwestern.edu/life-at-southwestern/intramural-recreational-activities-sira/fitness-and-wellness/. Participants may pay for class on-line (with a Pirate Card) or pay via check (make checks payable to "Southwestern University") to the SIRA Office (CJR215) or via campus mail.

Session Schedules and Format – ***Two classes/week are available***

Mondays and Wednesdays from 5:15-6:05pm in the CJR Aerobics Room

Notes:

#1 – Each participant can choose to register for 1-2 classes/week. Fees are shown above.

#2 – No class will be held on Monday, January 21st (MLK Day), which is an SU holiday.

Nurture and energize the entire self through the fusion of dynamic poses, breath work and deep relaxation. The practice of yoga encourages greater flexibility, strength, balance, self-awareness and tranquility. Participants of all levels are welcome to attend. Feel free to bring your own mat, if you wish, or use a mat provided by SIRA. Here is a description of the yoga that SIRA offers this semester:

Hatha Slow Flow – This slow and meditative breath guided practice gives each individual time to explore and refine each pose. The pace of the class places emphasis on safe alignment. Every body is unique therefore finding a variation of each pose that best fits your body is a way of customizing our own practice. This is yoga for all, including newer students who need time to learn and explore, as well as, for seasoned yoga practitioners looking to deepen their awareness by slowing down.

Instructor Qualifications

Martha McCarroll and Caroline Rosenbaum are both experienced yoga instructors. Each has earned certifications in yoga instruction and also American Red Cross First Aid and CPR.

More information(?)

Contact Derek Timourian at 512-863-1665 or timourid@southwestern.edu