



# Yoga Classes

Fall Session II (October 16<sup>th</sup> – December 4<sup>th</sup>)

## 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 – *Three classes/week are available*

*Mondays and Wednesdays 12:10-12:50pm & Wednesdays 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 Wednesday, November 27th, 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 classes that SIRA offers this semester:

**Prana Yoga @ 12:10pm** – A forty minute workout that is breath centered and fits during the lunch hour. Feel free to attend wearing comfortable street clothes. Yoga Asanas combined with breath control techniques to increase well-being by creating a focus that lessens distractions of the mind. In this visualization/physical training class, participants can expect to achieve the following benefits: expand the breath and improve quality of breathing, reduce stress and increase mental flow (creativity). Each class will end with meditation and savasana to achieve deep relaxation of the mind.

**Hatha Slow Flow Yoga @ 5:15pm** – 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 (Hatha Slow Flow @ 5:15pm) and Amy Vick (Prana Yoga @ 12:10pm) are both experienced instructors. Each holds certifications in yoga instruction & Red Cross First Aid/CPR.

More information(?) Contact Derek Timourian at 512-863-1665 or timourid@southwestern.edu