



Yoga Classes

Spring Session II (October 13 – December 1)

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).

Note: The general public is not currently eligible to register for SIRA Fitness Classes.

SPACE IS LIMITED!! To register, please fill out the SIRA Fitness Online Registration Form.

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 Wednesday, November 24, which is an SU holiday (Thanksgiving Break).

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:

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 is an experienced yoga instructor. She holds certifications in yoga instruction & American Red Cross First Aid/CPR.

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