



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

Winter 2021 Special Focus Classes

All of our Winter Special Focus classes will be happening online, over Zoom. You will receive the Zoom link when you register for class, and again the day before. You will also have access to a recording for a month.

PRIOR REGISTRATION & PAYMENT IS REQUIRED. Payment can be made through our website, through Mindbody, or by contacting the office. If you are mailing a check (along with the registration form on the final page of this flyer), please allow extra time for delivery and processing.

MONTHLY RESTORATIVE: Svadhyaya (Self-Study)

Sun, Jan. 17 th	3:00 pm – 5:00 pm	All Levels	Beth	\$30
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Restorative practice inherently draws us toward introspection, gradually calming (even closing off) the senses, allowing the nervous system time to rest, and ultimately revitalizing the entire body. This month, we will explore the fourth Niyama, Svadhyaya, in a restorative setting.

BUILDING BACK UP: REGAINING STRENGTH for ADVANCED BEGINNERS

Sat, Jan. 23 rd	10:00 am – 12:00 pm	Levels 2, 3, & 3-4	Beth	\$35
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If you have found your daily regimens have become compromised or neglected in the past year, you may have noticed a loss in strength and stability, both on and off the mat. You're not alone! This workshop will provide you with some short sequences to build and maintain essential core strength, stability, and focus.

BUILDING STRENGTH for INTERMEDIATE STUDENTS

Sat, Jan. 30 th	10:00 am – 12:00 pm	Levels 3-4 & above	Julie	\$35
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Muscle strength is key in mastering some of Yoga's more challenging poses, as well as health maintenance through all the stages in life. Using a combination of lecture and practice, you'll learn how often to practice strengthening poses, which muscles are most important to strengthen, and how to set up a weekly practice schedule to integrate this knowledge into a well-balanced home routine for building and maintaining strength.

MONTHLY RESTORATIVE: Heart Opening

Sun, Feb. 7 th	3:00 pm – 5:00 pm	All Levels	Denise	\$30
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Gentle and supported movement, along with simple inverted postures will reverse the effects of gravity where "fluids are returned to the upper body and heart function is enhanced." (Judith Hanson Lasater Ph.D., PT) Come pamper yourself, open your heart, and experience balanced energy and deep rest.

YOGA for BETTER BONE HEALTH

Sat, Feb. 13 th	9:00 am – 11:00 am	All Levels	Laila	\$35
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Yoga research has been relatively scarce, but in 2015 Dr. Loren Fishman published research on yoga and bone health which demonstrated that yoga could be used to increase bone density in just 12 minutes a day. His research became a featured story in the NYT and a topic of much interest. This special focus class will include information about osteopenia and osteoporosis, as well as practice time to review the 12 poses in his research study, including proper alignment and modification for students of varying abilities.

A TASTE of ANATOMY: TWISTS

Sat, Feb. 27 th	10:00 am – 12:00 pm	Levels 3 & above	Julie	\$60
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Yoga has a wide variety of twisting poses, some active and some passive, some requiring strength and all requiring flexibility. In this class we will look at the muscles that limit our ability to rotate deeply, and practice poses that stretch the tight places and strengthen the muscles that help us to twist. Two CE credits with Yoga Alliance. *Props: Mat, block, strap, blanket, chair*

***This course is appropriate for our Level 3 students and above, or anyone with at least a year of practice. It is not eligible for the New Student Discount.*

STABILIZING YOUR S.I. JOINTS

Sun, Feb. 28 th	9:00 am – 11:00 am	Levels 2 & above	Hope	\$35
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Painful SI (sacroiliac) joints can be limiting to one's practice and challenging to manage as a student. Our focus will be on poses that provide a particular challenge for hypermobile SI joints as well as ways to stretch and strengthen various muscles to avoid flareups in the future.

MONTHLY RESTORATIVE: Breath

Sun, March 7 th	3:00 pm – 5:00 pm	All Levels	Caroline	\$30
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March's restorative class will weave breath into a quieting practice of conscious rest to help the body and mind recover from life's stressors.

YOGA for HYPERMOBILITY

Sun, Mar. 14 th	10:00 am – 12:00 pm	Levels 2 & above	Stuart	\$35
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It is not necessarily a blessing to be born with hypermobile joints. You may be able to get your palms to the floor in Uttanasana but are your knees hyperextended? A common misconception is that tighter muscles means you are not hypermobile. This is not so, and certain cues that work for the general yoga public are not valid for the looser ligamented among us.

BREATHING BASICS and INTRO TO PRANAYAMA

Sat, March 27 th	10:00 am – 12:00 pm	Levels 3 & above	Julie	\$35
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Breath awareness is a central pillar of Yoga, usually starting with our very first asana practice. In this class, we will deepen our knowledge of breathing patterns, building on our experience in asana to set the stage for the subtleties of Pranayama. A traditional element of Yoga, Pranayama helps us learn deep relaxation, quiet the nervous system, and develop mindfulness.



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Registration Form (Pre-registration is required)

Class Title	Date	Cost

I've included my payment for \$ _____

Name: _____ Phone: _____

Email address: _____