



GUDMESTAD  
YOGA TRADITION

Paxson Yoga Center

## Spring 2021 Special Focus Classes

All of our Spring 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.

### SHOULDER BASICS

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Saturday, Apr. 17<sup>th</sup>    10:00 am – 12:00 pm    Levels 1 – 3    Beth    \$35

Puzzled by the mysterious onset of tired, achy shoulders? This workshop will cover general anatomy of the shoulder girdle and joint. We will practice a basic sequence to manage common shoulder issues and maintain healthy shoulder joints. Basic methods to modify poses that involve weight-bearing and shoulder range of motion will be presented.

### MONTHLY RESTORATIVE: A Beginner's Mind

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Sunday, Apr. 25<sup>th</sup>    5:30 pm – 7:30 pm    All Levels    Denise    \$30

Do you remember the last time you did something for the first time? Think back on the anticipation, eagerness, and openness you felt. Join Denise for this restorative practice where we will create a safe space, feed our childlike curiosity, and allow ourselves to be renewed moment by moment. Bring your Beginner's Mind!

### PELVIC HEALTH

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Saturday, May 1<sup>st</sup>    9:00 am – 11:00 pm    All Levels    Rachel    \$35

Join Dr. Leasa Lowy and Rachel as we explore the female pelvis and how yoga can contribute to female pelvic health. You will gain a greater understanding of the relationship between yoga and the female pelvis and leave with asana practices and tips to support you with general pelvic health, urinary/vaginal structural weakness, as well as poses to assist with female hormonal change.

### **A TASTE of ANATOMY: Back Strengthening**

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Saturday, May 15 <sup>th</sup>	10:00 am – 12:00 pm	Levels 3 & above	Julie	\$60
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Many people in sedentary societies have weak back muscles, making them prone to back injuries. We need back strength not only to help prevent pain and injuries, but to improve posture, and make challenging yoga poses more accessible. In this class, we'll briefly look at the anatomy of the back muscles, spending most of our time practicing poses to build strength. The sequence will start with easy poses, gradually adding challenge as we build to harder poses, so each person can work at an appropriate level for their current condition.

This is not a therapeutics class, and is not recommended if you are currently dealing with a back injury.

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.*

### **MONTHLY RESTORATIVE: Finding Your Roots**

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Sunday, May 16 <sup>th</sup>	5:30 pm – 7:30 pm	All Levels	Laila	\$30
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Become rooted in the stillness of the present moment with the help of additional weight on your body. In this restorative practice time and attention will focus on gentle opening, soft releasing, and healing rest.

*Special props note:* In addition to the usual restorative props, we recommend three eyebags. You can easily make your own DIY eyebags by placing dried beans or rice in a sandwich bag and then putting this inside a sock. If you really like using weights in your restorative practice you can make another 5 – 10 lb. bag of something (sand, flour, beans, rice- something moldable) to act as sandbags.

### **STAYING OUT OF THE SKILLED NURSING FACILITY**

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Sunday, May 23 <sup>rd</sup>	10:00 am – 12:00 pm	All Levels	Hope	\$35
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People end up needing a Skilled Nursing Facility stay for a variety of reasons, and some are preventable. Through a combination of balance practice, strength, flexibility, and mindfulness, learn some ways to either avoid such a stay, or to make that necessary stay as brief as possible.



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### Registration Form (Pre-registration is required)

Class Title	Date	Cost

I've included my payment for \$ \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_