



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

Fall 2021 Special Focus Classes

All of our Fall Special Focus classes will be in the hybrid format; you may attend in-studio or online. Except for Taste of Anatomy which will be online only. 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: Knees and Ahimsa

Sunday, Oct. 10	5:30 pm – 7:30 pm	All Levels	Laila	\$30
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As we head into the fall and the days grow shorter, we make the transition from an active summer to a time of replenishment.

If you enjoy relaxation poses or if you are stressed, this class is a chance to unwind and de-stress. The consequences of chronic stress are well known to be hazardous to your health. We will use many props, and little physical effort, to induce the relaxation response. Make time for yourself, you deserve it!

This class is appropriate for all levels. You will need 3 blankets, a bolster or 4 blankets, a strap, 2 blocks, a chair and 2 eyebags (easily made by placing dried beans in a small baggie and stuffing inside a sock)

KNEES TO NOSE: How improving knee health through yoga asana can support nose and sinus health

Sunday, Oct. 24	10:00 am – 12:00 pm	All Levels	Laura	\$35
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Did you know that one of the correspondences in acupuncture is that you can treat the knee to benefit your nose and sinus health? Laura will weave together western anatomy and acupuncture meridians and correspondences in the body with yoga asana to help you have happier knees and nasal passages.

Covered in this course will be:

- Poses and exercises to strengthen, stabilize and improve range of motion in the knees
- Acupoints and meridians on the knee that correspond to the nasal passages and how yoga stimulates these acupoints
- Acupoints and body zone correspondences in other parts of the body that improve knee health (low back, hips and mid upper back).

A TASTE OF ANATOMY: Head and Neck

Saturday, Oct. 30	10:00 am – 12:00 pm	Levels 3 & above	Julie	\$60
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Yoga has much to offer to help improve head and neck alignment, ease neck tension, and relieve neck pain and headaches. In this class, we will start with some basic anatomy, with a focus on important neck muscles. We'll then spend most of the session working on poses to correct common head/neck posture problems, and practicing neck relaxation.

This class is recommended for students with at least one year of Yoga practice, and it is not appropriate for students with an acute neck injury.

Props: Mat, 2 Blocks, Long Yoga Belt, Blanket, and Chair
Two CE credits with Yoga Alliance.

***This course is not eligible for the New Student Discount.*

FOCUS ON LOW BACK HEALTH - with the help of straps

Saturday, Nov. 6	9:00 am – 11:00 pm	All Levels	Laila	\$35
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Did you know that 80% of the US population will struggle at one point or another with low back pain. This class will include lecture and yoga based poses using straps to help create traction to the lower back and SI joint region. We will work on strengthening and stabilizing (and in some cases mobilizing) the area.

This class is appropriate for all levels.

Props: A yoga strap with a D ring buckle and another long strap, 10-12'.

This class is not appropriate for those with complicated low back issues (i.e acute LBP), but instead more of the garden variety types like muscle strains and generalized chronic aches.

MONTHLY RESTORATIVE: Hips, and Satya and Asteya

Sunday, Nov. 14	5:30 pm – 7:30 pm	All Levels	Denise	\$30
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Restorative yoga is a ritual that allows us to create the space to slow down and find silence. It is in this space that we are able to connect with that which is true and pure (Satya). In this practice, we will use props to provide support to wrap us in stillness.

Props: 4 blankets, or substitute a bolster for one of the blankets, a strap, 2 blocks, 2 similarly sized pillows, a chair and an eye covering. Dress in layers and socks so you can maintain a comfortable body temperature.

BACKBENDS: Preparation and Practice

Saturday, Dec. 4	10:00 am – 12:00 pm	Levels 3-4 & above	Julie	\$35
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Backbending poses are an essential and traditional part of Yoga practice. While they offer many benefits, they are challenging poses for many students. In this class, we'll study the essential elements to successful backbends, with a focus on careful preparation. You'll then be invited to practice some backbends that are appropriate for your current condition and home practice, with an eye to avoiding pain and strain.

This class is recommended for intermediate students (Level 3-4 & above), who have a regular home practice.

Props: Mat, Strap, 2 Blocks, Blanket and Chair



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Registration Form (Pre-registration is required)

Class Title	Date	Cost

I've included my payment for \$ _____

Name: _____ Phone: _____

Email address: _____