

## *Mind/Body Drop-in Class Information – January 2015*

*Those with health risks, i.e. heart conditions, blood pressure irregularities, injury, inflammation, joint limitations, recent surgery or hospitalization or pregnancy should have the advice of their physician before attending drop-in classes.*

*It is recommended that you bring your own yoga mat and props, although reusable yoga mats and props are available.*

**Drop-in Yoga:** Drop-in classes vary from gentle to moderate according to the teacher's training. Intensity, partner work, use of music, and yoga methodologies vary among the teachers. These mixed-level classes consist of warm-up exercises, yoga poses for strength, flexibility, coordination and balance, and relaxation time at the end of class. They have a basis in the traditional yoga tenets of unity of body, mind and breath. **Recommendation:** completion of one full session of a registered yoga class at the beginner level or equivalent experience. Also, all participants should know how to work at their level of comfort without strain or injury

**Yin Yoga:** Through a series of long-held postures, with little muscular effort, Yin Yoga focuses on gently stretching and healing the connective tissues such as the ligaments, bones, and even the joints of the body, specifically the connective tissues of the hips, lower spine and pelvis, rather than on muscular engagement. Yin Yoga is a perfect complement to the dynamic and muscular styles of yoga that emphasize internal heat and the lengthening and contracting of muscles. No prior experience necessary.

**Restorative Yoga and Pranayama:** This yoga of "non-doing" is a natural antidote to stress, and has a nurturing quality which recharges and renews the mind and body. Gentle postures, supported with bolsters, help re-educate the body to effortlessly let go of tightness and calm the mind. Breathing techniques are introduced. No prior experience necessary.

**Heartbeatvoga:** Integrate breath awareness, flowing yoga poses and free-form dance into one invigorating aerobic workout. Seasonal themes, collective movement and transformative world music rejuvenate the heart. Slow finishing stretches and deep relaxation clear the mind and balance the body.

**Chi Kung (or Qigong):** This is a form of Taoist yoga which employs a combination of gentle muscle-tendon movement sequences to warm up, and sound and visualization to nourish and circulate qi (life force) through the meridians (channels of awareness also used in acupuncture). This internal form with slight movements is practiced either standing or sitting in a chair. No prior experience necessary.

**Pilates/Yoga Combo:** Experience the practice of precise, rhythmical, controlled Pilates mat exercises, integrated with classical yoga poses, performed at a moderate to vigorous exercise level. **Recommendation:** completion of one full session of a registered Pilates mat class at the beginner level or equivalent experience and some yoga experience.

**Pilates Mat:** Classical Pilates Method beginner and continuing beginner exercises which focus on strengthening and balancing the CORE muscle groups, developing greater flexibility, strength, concentration, coordination and control. **Recommendation:** completion of one full session of a registered Pilates mat class at the beginner level or equivalent experience.

**Nia – Neuromuscular Integrated Action:** Nia is a form of fusion fitness. It combines movements and concepts from yoga, martial arts, jazz and modern dance. Nia classes offer total body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. No prior experience necessary.

**Ayre Dance with Juliet Seskind:** This class is a fusion of different dance styles set to fun and upbeat music. These classes offer total body cardiovascular conditioning and are a great way to have a fun workout. No prior experience necessary.

**Zumba:** Latin-inspired, easy-to-follow, calorie-burning, total body workout that feels like a celebration. These classes feature zesty Latin music, hip-hop, swing and Bollywood. Experience exhilarating, easy-to-follow moves and the invigorating atmosphere as you dance your way to fitness. It's a blast. No prior experience necessary.

**See our website for more information about our Mind/Body program instructors.**

**[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)**