

Yoga and Stretching Details

“Attach no other importance to the posture other than the joy of doing it. The asana is a dance at the point of absolute stillness.”

— Rosamond Richardson in Natural Superwoman

“The element with the most flexibility in any system will have the most influence.”

Yoga is a great way to flex, stretch, and strengthen your muscles ... and your mind! It's a great way to get physical exercise, while you calm your mind. In fact, you'll be amazed how peaceful you feel after a yoga workout.

What is our yoga program?

The yoga we teach is Hatha Yoga with an Anusara Flair. Most of our classes are small so we can provide a safe, professional environment to stretch and strengthen the body, build balance, and relieve the mind from stress. Small class size also builds deeper teacher-student relationships, with more time for individual support.

How does it help?

- Stretches, extends and flexes the spine
- Improves your balance and stability
- Stimulates circulation, digestion, nervous and endocrine systems –keeping you healthy and energetic
- Releases stiffness, tension, and stress
- Helps re-establish the inner balance of the spine and keep the body strong and supple
- Puts you in touch with your inner strength
- Inspires the magic of motion and improves the quality of life

What do our clients say about our yoga classes?

- “I am standing up straighter (all of the time) than I used to”
- “My balance is better, I am stronger and I am somewhat more flexible”
- “Deep gentle breathing really makes a difference – my blood pressure went from 150/69 to 115/70!”

What do you learn?

You Can Do It! provides different types of yoga and stretch classes each week at Baxter Fitness Solutions (330 Oak St.), Mountain Meadows Independent Retirement Living (857 Mountain Meadows Dr.), and the YMCA (540 YMCA Way) in Ashland, Oregon. See our Class Schedule for details.

Our **Senior Yoga classes** are one hour long for people 50 and older. Our **Lunch-time Yoga** classes are one hour long for yoga enthusiasts of all ages. These classes consist of:

- Meditation
- Warm up
- Standing poses (strengthening)
- Balance poses (balance)
- Floor poses (stretching)
- Resting pose (recover and receive the benefits from what you have done)

Our **Floor Stretch classes** are ½-hour long for people 50 and older who need some gentle stretching to reduce stiffness and increase flexibility. These classes consist of:

- Warm up
- Gentle stretching to increase flexibility and release tight joints
- Relaxing cool down

What should you know about the classes?

- Some classes are solely stretching with yoga poses, others are traditional yoga class with strengthening standing and balance poses.
- As we age, stretching is vital to keep you free to move, do the activities you enjoy, and stay independent.
- This is a time for you -- a time for you to honor yourself, nurture yourself, and give yourself what your body asks for.
- During a class, the instructor guides you into and out of the poses and assists with any discomforts as well as proper alignment of the body to avoid injury.
- Results come when the work is done consistently and regularly, with proper form as well as focus.

What should you bring and what can you expect during a workout?

- Poses are easier on your body if you wear loose fitting clothing. Shoes are not worn during class.
- Mats, straps, blocks, bolsters, eye pads are all provided, although you are welcome to bring your own.
- During a class, the instructor guides you into and out of the poses and assists with any discomforts as well as proper alignment of the body to avoid injury.

How do you sign up?

Contact **You Can Do It!** by email or phone ... it's easy.

- **Email:** CarolLee@youcandoitnow.net
- **Phone:** 541-482-1887