

BSF: Balance, Strength & Flexibility

Instructor: Pamela Reynolds*
Assistant: Marcia Johnson

Tuesdays & Thursdays 9:30-10:30am

Yin Yoga is a meditative practice in which yoga poses are held for 3-5 minutes at a time. The practice integrates mindfulness as each pose is a meditation. Gradual and complete stretches build pliability in connective tissue, most notably the fascia, Stretching along the acupuncture meridians will improve the flow of energy. Yin yoga is steady and passive, provides balance, and reduces stress.

The initial class will include an introduction to Yin Yoga and meditation and an overview for new, experienced and limited yogis. Following a self-assessment, the class will break into a section for experienced yogis and a section for students new to yoga or who have some physical limitations. Yogis should bring a mat and water to every class. OLLI provides bolsters, blocks and straps.

	Tuesday	Thursday
Week 1	Introduction to Yin & Meditation	Progressive Practice & Meditation
Week 2	Progressive Practice & Meditation	Progressive Practice & Meditation
Week 3	Progressive Practice & Meditation	Progressive Practice & Meditation
Week 4	Progressive Practice & Meditation	Progressive Practice & Meditation
Week 5	Progressive Practice & Meditation	Progressive Practice & Meditation
Week 6	Progressive Practice & Meditation	Progressive Practice & Meditation
	Spring Break	Spring Break
Week 7	Progressive Practice & Meditation	Progressive Practice & Meditation
Week 8	Progressive Practice & Meditation	Progressive Practice & Meditation
Week 9	Progressive Practice & Meditation	Progressive Practice & Meditation
Week 10	Progressive Practice & Meditation	Progressive Practice & Meditation

* Certified White Lotus Teacher - 1998; Yin Yoga Training - 2016.