

Yoga Moves Class Descriptions

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Below are some general guidelines, they are not necessarily rules. You are always free to discuss with Usha (or your teacher) which class you would like to join. You are also free to try different classes and feel for yourself which level or style suits you the best. We may even suggest classes to you.

New students:

1. Everyone's body and personality are different and there are always exceptions but generally; if you are new to yoga, nervous about attending yoga or have had unsatisfactory yoga experiences in the past then you would start classes as close to the beginning of the term as is possible.
2. You would also attend at least three weeks in a row. Yoga is a cumulative experience.
3. Having said that, new students are welcome at any time up until the last two weeks of a term. This is not only for your own sense of comfort but also for those students who have been building their skills and awareness over the term. The last two weeks are often an opportunity to explore variations on what has been practiced in the previous weeks.

1. Hatha and Kundalini yoga: Characteristically, these classes feature 'linked' yoga poses, done as a series with one pose following another. Classes combine stretching, breathing, strengthening, balancing, meditation and mind-body awareness resulting in heightened well being, improved posture, strength and flexibility.

Beginner/General: Suitable for everyone including beginners (little or no yoga and/or meditation experience). In these classes participants are taught basic poses which are linked through a series of connecting movements leading to greater agility, less pain and/or tension and deep relaxation.

Open: These classes are for those who have attended at least six months to a year of Yoga Moves classes and feel that they would like to challenge themselves more. Classes build on the sequences and poses learned in the Beginner/General classes. (For those with good body-mind awareness, natural flexibility, high fitness or previous yoga experience exceptions may be made early in the term. Please speak with Usha directly).

2. Hatha Open: The primary characteristics of this style of yoga include a focus on postural alignment and precision; holding poses for an extended period of time; and healing/therapeutic applications. Props are also used more readily in class (e.g. belts, blocks and bolsters) to encourage good alignment, as well as providing extra support for those who are injured.

3. Awareness through Movement (Feldenkrais Method): Backs, necks and shoulders. We all have movement and posture 'signatures' or habits that are so recognisable that others can identify us from a distance simply by watching the way we move. Some of our habits will be helpful; others may cause pain, injury, poor posture and/or be an unnecessary drain on our energies. The Feldenkrais Method is a way of exploring our unique movement and postural habits and discovering ways to change and improve them. In this course, we will take as our themes backs, necks and shoulders, discovering where we have movement, where we don't and learn new ways to move with increased ease, efficiency and grace. We will then apply this knowledge to improve our standing, sitting, walking, bending, stretching and playing in daily life. After all - daily life is where we spend most of our time! All levels of experience are welcome.

4. One-to-one Feldenkrais lessons (Functional Integration) with Usha: Each of us has postural and movement habits which govern the way we move and act in the world. Some of these habits serve us well, others can be problematic. In Awareness through Movement classes, a practitioner uses words to guide participants toward new or improved ways of moving. In an individual Functional Integration lesson, the practitioner uses precise touch and gentle movements to highlight current habits and suggest new experiences of ease, posture and movement efficiency. Clients are clothed and most lessons will occur lying or sitting on a low table. An individual F.I. can:

- assist in the healing process of orthopaedic injuries e.g. back or neck conditions (especially chronic or recurrent problems).
- develop body awareness and improve everyday activities like sitting, walking, lifting etc.
- be an experience of nurturing yourself with a session of meditative bodywork.

Hours: Commencing Monday 31st August, Mondays 12.30pm-4.30pm and Fridays 11.30am – 1.30pm.

Cost: Individual lessons with Usha are \$60 for 1 hour except first lesson which is 1 hour and 15 minutes.

Bookings: Please phone (9486 7740) or email (usha@yogamoves.net.au) Usha to make an appointment. All lessons are given at the Yoga Moves studio.