

## Lawrence Athletic Club Yoga Class Descriptions

<b>Beginners Yoga</b>	Beginning yoga poses geared for true beginners, seniors and appropriate for runners.	<b>1 hour</b>
<b>Intermediate Yoga</b>	A series of flowing postures coordinated with breath work designed to improve strength and flexibility. More advanced variations are offered as well as a more intense pace to challenge those who have either some experience with yoga or who are already in strong athletic condition.	<b>1 hour 30 min</b>
<b>Power Yoga</b>	Yoga that incorporates more advance poses, yet offers modifications for less advanced.	<b>1 hour 30 min</b>
<b>Sampoorna Beginners Yoga</b>	This is a basic introductory or beginners level yoga class. Through the use of breathing exercises, strengthening exercises, and basic asanas, this class tones and purifies the body as well as provides mental clarity, stress reduction, and overall relaxation.	<b>1 hour</b>
<b>Sampoorna Intermediate Yoga</b>	Builds from the beginner course but adds more difficult postures and breathing exercises. Increased focus on yoga poses that increase spinal flexibility and muscle tone.	<b>1 hour 20 min</b>
<b>Sampoorna Sunrise Yoga</b>	This class jump starts your day with breathing exercises, strengthening exercises, and basic asanas (postures). This class energizes, tones, and purifies the body as well as provides mental clarity, stress reduction, and overall relaxation.	<b>1 hour</b>
<b>Vinyasa</b>	Linking breath with movement yoga.	<b>1 hour</b>
<b>Yin Yoga</b>	A practice of floor postures for the connective tissue of the hips, thighs, pelvis and lower spine. Suited for beginners, seniors and a restorative for athletes.	<b>1 hour</b>
<b>YogaFlow</b>	Yoga poses that flow from one movement to the next.	<b>1 hour</b>
<b>Yoga Detox</b>	Focusing on specific breathing exercises and postures this class encourages the release of toxins from the various places they are stored in the body. Fewer postures are held for extended periods of time for deeper detoxification.	<b>1 hour</b>
<b>Yoga for Bodybuilders</b>	Identifying the special needs of those who build muscle quickly over a short period of time the focus of this class is to increase flexibility and balance as well as stimulate the removal of toxins. Primarily geared towards men, but suitable for women as well.	<b>1 hour</b>

## Lawrence Athletic Club Yoga Class Descriptions

---

### Yoga for Stress Reduction

Suitable for all ages (children through seniors). This course focuses more on the mental aspects of yoga and is less physically rigorous. Emphasis is placed on physical relaxation and mental clarity. Great for those who have difficulty with more difficult poses. Also, works well as a pre workout warm up or a post workout cool down.

**50 min**

---

### Yoga and Body Image, Weekend Workshop for Women

This workshop is focused on incorporating yogic principles of exercise and philosophy to address some one of the most troubling issues faced by women today – eating disorders, body image and self-esteem issues. This workshop will consist of two lecture and guided group discussion sessions about women's bodies and health from a yogic point of view as well as an hour long asana practice (class of yoga postures). Physical issues such as proper diet and exercise will be discussed in conjunction with mental aspects such as body dysmorphic disorder, negative thinking, and social pressures.

**3 hours**

---

*PLEASE NOTE: These are general descriptions of our classes. Each instructor brings a different "flare" to their classes. Try each one and discover a whole new way of doing your favorite format. Classes must maintain 8 participants to remain on the schedule.*