

Introduction to Yoga

7.5 Hours

Yoga is an ancient holistic wellness practice that continues to thrive today, for good reason. Yoga truly is for every body. Maybe you are curious about yoga, but nervous about getting started safely and with confidence? Or maybe your first contact with yoga wasn't a good fit and you're unsure how to go about finding a practice that truly serves you?

This class is designed to nurture and empower you as you discover practices that work for your needs. Each class begins with a 10 minute themed topic related to the enhancement and understanding of your practice. Afterward, we will take a moment to tune into our own bodies, warm our spines, practice previous material, then explore three or more common postures with different options you might choose before finishing with a resting pose and mindfulness practice.

At the end of this six week program students can expect to exit with a complete Hatha yoga home practice, knowledge of common poses, and most importantly the confidence to make informed choices for your own body during public or online classes. Handouts and additional resources will be offered.

Dress comfortably for movement. Bring a yoga mat or other props if you have them!

Classes will be held on Tuesdays from 6:15pm - 7:30pm in the Jeff Tech Gym

Course Number: 400

Course Length: 7.5 hours

Course Costs: \$65.00

Class Dates: TBA

[CLICK HERE REGISTER AND PAY ONLINE](#)

Classes are filled on a first come first serve basis.

Please contact the Adult Education Office by phone at 814-201-9837 or email to mnbundy@jefftech.edu for additional information.

As always, Thank you for choosing Jeff Tech!