

ADULT YOGA

Instructor: Amy Pushchak

Classes will begin on February 7, 2023. Classes will be held on Tuesdays and Thursdays at 5:30 in the elementary lunchroom. Maximum of 15 people per class.

Classes will last 1 hour and the sessions will be 6 weeks.

\$20.00 admission to a session.

Introduction from the Instructor

"My name is Amy Pushchak and I have been practicing yoga since I was a child and so have you! Yoga is that simple. I will introduce you to Hatha Yoga which is the practice of Self-Realization through health and strength. This will be your practice and I will be there to guide you.

Together we will practice Savasana (proper relaxation), Asanas (pose, exercise), Pranayama (breathing), and Dhyna (positive thinking and meditation).

I will begin class at 5:30. Try to be 5-10 minutes early allowing yourself time to set up your space. If you need to come in after class has started, be mindful and set up quietly. If I may suggest, bring a personal hand towel and water bottle. We will have mats, yoga blankets, blocks, and straps available if you do not have your own. Don't let that be a reason you don't come! I will plan and do my best to keep class at a maximum of 1 hour.

I am grateful to each of you for having the desire to practice and unite together! According to my teachers at the Pranava Yoga Center which was located in Colorado Springs, CO, "The origin is a Sanskrit word *Yuj* meaning union."

Namaste,
Amy "