

Yoga

Hatha Yoga

Yoga is an ancient body of physical, mental, and spiritual practices designed to cultivate inner peace, an open heart, a calm mind, and a strong flexible, relaxed body. Yoga began in India at least 5000 years ago. In Sanskrit, yoga means “to forge a union or to join.” Hatha Yoga emphasizes the physical aspect of yoga and teaches this “joining” principle through asanas or poses. The postures or asanas practiced in hatha yoga relax, detoxify, and strengthen the body in preparation for stillness, relaxation, or meditation. *These particular hatha yoga classes will consider the work environment, our current more sedentary lifestyle, and the rising overload to our senses. The classes will be appropriate for those on a lunch break from work or those needing to get to work on time.* **What to wear:** Clothes that allow for movement. Street/work clothes ok. **What to bring:** We suggest that all participants bring their own yoga mats. Mats are provided, however, for first timers and those who forget their mats.

Pilates Stretch

Mat Pilates is an exercise system created by Joseph Pilates in the 1940's as a rehabilitation method for wounded soldiers. His system grew into a strengthening regimen for dancers in the late 1950's and 1960's. Today, it is a popular and effective practice to strengthen the core. Here, "Core" is best defined as the muscles that support the spine; so, pilates is especially effective in improving posture and decreasing the likelihood of back and other joint injuries. *These particular mat pilates classes will target the needs of our bodies in today's work environment, balanced strength and flexibility, and be the perfect way to start your day!* **What to wear:** Clothes that allow for movement. Street/work clothes ok. **What to bring:** We suggest that all participants bring their own yoga/fitness mats. Mats are provided, however, for first timers and those who forget their mats.

Tai Chi/Qi Gong

Through the stimulation and movement of Chi or Life force, this blend of two ancient health/self-defense systems is efficient in increasing energy, vitality, strength and balance. Tai Chi (Yang) starts from the outside with foot work, external movement, upper and lower body coordination, physical balance, and weight transfer.. seeking Internal Stillness. Qi Gong (Yin) starts from the inside with breath work, visualization, familiarization with the Life Force, gathering and leading Qi.. to eventually become External Qi Gong, a Qi transferring art for medical healing and other external applications. Qi Gong literally translates as Qi Mastery. **What to wear:** Clothes that allow for movement. Street/work clothes ok. **What to bring:** Just yourself!