Yoga for Beginners

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"Beautiful new space and a great introduction to yoga!"
-Maya student Greg Randall



Beginners Welcome. We're often asked which of Maya's group classes is appropriate for the beginner, and the answer is, all of them.

Let me explain.

If you're perusing Maya's <u>online group class schedule</u>, you'll notice that nearly all of our Yoga, Pilates and Fitness Fusion classes are identified as "All Levels" classes -meaning our expert instructors provide personalized modifications for the body work to accommodate your level of expertise. Click each class title to read an in-depth class description.

Beginners Welcome. You'll also notice that beginners are especially welcome at all Restorative Viniyoga, prAta Yoga and Pilates Mat classes, noted with "Beginners Welcome." For instance, Michelle Peterson's prAta (morning) Yoga class on Saturdays mornings welcomes all levels, especially beginners. This Saturday, she and her students are exploring the lessons of balance. "Patanjali's Yoga Sutra I.2 states, 'Yoga is that by which we still the fluctuations of the mind,'" Michelle tells me. "In finding balance on one foot in tree pose, vrksasana, our minds can fluctuate in many ways. We can respond by bringing focus back to the teacher's voice, to our breath, to our bodies. This commitment brings us to the stillness, for a moment: Another moment, another return of distraction, replaced again by attentiveness."

Get the Basics. If you're starting a yoga practice and want to learn the basics, our *Yoga Basics* class on Mondays at 6:00 pm is for you. Instructor **Alec Davis** teaches beginning yoga students the fundamentals of alignment, poses, stretching and strengthening exercises, breathing, and relaxation techniques. Open to all ages 10 years and above, all levels and all abilities, Alec's class is also wonderful for more experienced students who want to refine their practice with a solid foundation.

Pilates body conditioning can profoundly change the shape of your body.

Try Pilates. Pilates mat work focuses on using core muscles to strengthen the abdominals and back, enabling uniform whole-body development. Pilates can also enhance your yoga practice by safely and effectively strengthening flexibility, endurance and posture without adding bulk or stress to your joints. **Kristen Swanzy-O'Conner's** *Pilates Mat* class Wednesdays at 4:30 pm welcomes beginners and focuses on restoring the natural curves of the spine while re-balancing the muscles around the joints.

Workshops. Maya is planning to offer new workshops designed specifically for yoga beginners in 2013. Check our online workshop schedule for more.