

Virtual Faculty/Staff Yoga with Emily

Wednesday, September 9, 3:30-4:30p.m.

Faculty/Staff Yoga is back! Please join us for a Beginner level flow class of movement and mindfulness. No yoga experience necessary. No flexibility required!

Class description:

Beginner poses are designed to build strength, flexibility and endurance. Building a strong foundation and modifications are introduced to help support the level of your practice. Breath and movement are linked to a moving meditation. You learn to listen to your body, take a resting pose as needed.

How do you prepare for class?/Yoga etiquette:

- Come to class with an open mind and the willingness to try new things. If a particular asana (pose) is challenging, ask yourself, "What can I learn from this?"
- Leave your cell phone, smart watch, or any other electronic device elsewhere or put it on silent and leave it in another room.
- You will need a yoga mat and a blanket. Other props such as blocks, a strap, and a bolster are optional.
- Wear comfortable clothing such as yoga pants, shorts, t-shirt, athletic pants. Yoga is practiced barefoot.
- Refrain from eating for at least one hour prior to class.

If you have any questions, please e-mail Emily Bentzen: emily_bentzen@ccpsnet.net

Where are we practicing?

You are invited to a Zoom meeting.

When: Sept. 9, 2020 3:30 PM Eastern Time (US and Canada)

NO Registration is required:

<https://vccs.zoom.us/j/93077466844?pwd=MHBUUmhCMnhHR3NwUmdKUUVBGa2NBQT09>

Meeting ID: 930 7746 6844

Passcode: 7x650p

After registering, you will receive a confirmation email containing information about joining the meeting.

****Practice at your own risk. We won't do any Impossible Asanas. Consult your doctor if you have any questions or concerns.****