



Spring 2017 Special Focus Classes

12 MINUTES OF YOGA FOR BONE HEALTH EXPLORATION

Sat, April 15 12:00 – 2:00 pm Levels 2 and 3 Hope \$30

Did you see the article “12 minutes of Yoga for Bone Health”? Are you wondering how to do the poses it mentioned? Come learn the poses and appropriate modifications that will allow access for most everyone. Geared for students levels 2 and 3. This class is not appropriate for anyone with a recent back injury.

HOME PRACTICE, GETTING MOTIVATED TO MAKE IT HAPPEN

Sat, April 22 1:00 – 3:00 pm All Levels Rachel \$30

Have you struggled to establish a home practice? You are not alone. Many of us are challenged to find a way to make a home practice work for us and when we do, we have trouble sticking to it. In this workshop, we will discuss the most common home practice pitfalls that are keeping us from sticking to our goals. We will explore ways to overcome these pitfalls, so we can set ourselves up for to succeed. This workshop will include some very light asana, but will mostly be based in discussion, problem solving and creating an accessible action plan. All levels are welcome!

YOGA FOR GARDENERS

Fri, April 28 12:00 – 2:00 pm All Levels Betsy \$30

Before you get out there and go wild (you know you will!), learn how you can prevent injury and continue to garden comfortably through the entire season. We'll include the principles of body mechanics and pacing as well as a little routine to do afterwards. Bring your own shovel (just kidding) and NO - it won't be held in Betsy's yard!

HEALTHY BREATHING

Sat, April 29 12:00 – 3:00 pm All Levels Betsy \$45

Learn how powerful the breath is to change our energy level, mood and many aspects of our health. We will begin with some simple anatomy. Considerable time will be spent building awareness and practicing normal ribcage diaphragmatic breathing. We will practice down with simple props, progressing to upright functional activities and yoga poses.



4 WEEK PRANAYAMA SERIES

Thurs, May 4, 11, 18, 25 7:30 – 8:30 am Levels 3 and up Betsy \$60

Prerequisite: Healthy Breathing Workshop (at some point with Betsy)
Sorry, no partial registrations or refunds after May 3.

Pranayama is the ancient art of yogic breathing. It builds on your asana practice and brings a deep state of relaxation, calm, and centered attention. In this class, you will learn pranayama basics, practice beginning techniques, and learn how to set up a home practice.

HOME PRACTICE FOR BEGINNERS

Sat, May 6 12:00 – 3:00 pm Levels 1-2 Beth \$45

Do you enjoy that “after class awareness?” Feeling so much better than when you arrived? Consider building a home practice to create that sensation more often. Come to this 3-hour workshop to experience a beginner-appropriate practice for strength and flexibility. You will receive a handout including poses and sequencing so you can continue to practice on your own with confidence.
Levels 1-2.

STABILIZING YOUR SI JOINTS

Sat, May 13 12:00 – 2:00 pm All Levels Hope \$30

Unstable Sacro Iliac joints are a frequent player in low back & pelvis pain. Please join us for a focus on stabilizing your cranky SI joint through yoga. This class is a mix of anatomy and yoga practice.

FOAM ROLLERS

Sat, May 20 12:00 – 2:00 pm All Levels Betsy \$30

Learn the many uses of this low-tech piece of exercise equipment. You can stretch, strengthen and myofascially release many areas of the body as well as work on improving your balance. And it's fun... leaving you with a sense of well-being and ease.

PLEASE NOTE: Bring your own foam roller if you have one or you may buy one for \$20 at the workshop (make checks payable to Betsy Allen). Let us know when you register if you need to buy one.

Registration Form (Pre-registration is required)

Enroll me in:

Class Title _____ Date _____ Cost _____

____ I need a Foam Roller. Cost for the roller is \$20, payable to 'Betsy Allen' at the workshop.

I've included my payment for \$ _____

Please send in full payment with this form to the address below. Make checks payable to Gudmestad & Associates.

Name: _____ Phone: _____

Email address: _____

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