



Spring 2019 Special Focus Classes

FOAM ROLLERS

Sat, April 6 12:00 – 2:00 pm All Levels Betsy \$30

Learn to release muscle tension, relieve pain and reduce stress, as well as stretch and strengthen your muscles and improve your balance. With the aid of a foam roller, gravity, and your own body weight, you'll experience myofascial release, an improved sense of well-being and body ease. *****Please note: Bring your own foam roller if you have one or you may buy one at the workshop. Let us know when you register if you need to buy one.*****

HEALTHY BREATHING

Sun, April 14 9:00 am – 12:00 pm All Levels Betsy \$45

Learn how powerful the breath is to change energy level, mood and many other aspects of our health. Class begins with some lecture, including simple anatomy. Most of the time is spent building awareness and practicing normal ribcage diaphragmatic breathing. Practice is primarily on your back with simple props, progressing to functional activities and yoga poses.

STAYING OUT OF THE SKILLED NURSING FACILITY

Sat, April 20 12:00 – 2:00 pm All Levels Hope \$30

People end up needing a Skilled Nursing Facility stay for a variety of reasons, and some are preventable. Through a combination of balance practice, strength, flexibility, and mindfulness, learn some ways to either avoid such a stay, or to make that necessary stay as brief as possible. Class will be primarily practice, with handout.

YOGA FOR GARDENERS

Sun, April 28 10:00 am – 12:00 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!

HOME PRACTICE FOR BEGINNERS

Sat, May 11 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. This workshop will help you build 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.



NEGOTIATING TRANSITIONS

Sat, May 18	12:00 – 2:00 pm	All Levels	Hope	\$30
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Life is change, it is said, and yet sometimes that change happens awfully suddenly. Sometimes change comes at us slowly. Either way, our own health can suffer as a result. Join us for a practice designed to help you cope with either kind of change, includes a handout for home practice.

MANAGING OSTEOPOROSIS WITH YOGA

Sat, June 15	12:00 – 2:00 pm	All Levels	Hope	\$30
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Join us for a practice designed to manage the issues associated with osteopenia and osteoporosis. Primarily practice with a handout and some education.

Registration Form (Pre-registration is required)

Enroll me in:

Class Title	Date	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____

_____ I need a Foam Roller. Cost 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: _____