



Summer 2017 Special Focus Classes

SLO MO YOGA

Sat, June 17	12:00 – 2:00 pm	Adv. Beg & Int.	Hope	\$30
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Join us for a slowed down, contemplative yet challenging practice. Learn how going very S – L – O – W – L – Y into and out of poses can increase strength, improve balance and change your perspective.

4 WEEK INVERSION PREPARATION SERIES

Wed, July 5, 12, 19, 26	5:30 – 7:00 pm	Intermediate	Laila	\$80
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Are you a strong level 3-4 student thinking of moving up to a level 4 class this fall? Laila will be offering a new level 4 class on Mondays from 8:00 am – 9:30 am beginning this fall. In anticipation of this new class, she will be offering this 4 week series that will give you a good foundation in the inversion poses; headstand, handstand, forearm balance and shoulder stand with variations. In addition to inversions, deeper twisting poses and back bends will also be explored. Because of the progressive nature of this course, please plan on attending all 4 sessions.

Prerequisites: Comfortable in shoulder stand and willing to kick up into handstand.

YOGA FOR HANDS & FEET

Fri, July 14	12:00 – 2:00 pm	All Levels	Stuart	\$30
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Learn how to keep the smaller joints in your hands and feet flexible and strong. Use your yoga practice to maintain functional abilities in daily life.

STABILIZING YOUR SI JOINTS

Sat, July 22	12:00 – 2:00 pm	Adv. Beg & Int.	Hope	\$30
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Unstable Sacro Iliac joints are a frequent player in low back & pelvis pain. Please join us for a focus on stabilizing your cranky SI joints through yoga. This class is a mix of anatomy and yoga practice.

GETTING TO KNOW YOUR DOG (POSE)

Fri, August 11	12:00 – 2:00 pm	Adv. Beg & Int.	Stuart	\$30
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Do you know what muscles and joints you need to warm up to get the most out of Adho Mukha Svanasana? Learn when to push and when to back off. We will also explore using downward dog as preparation for more advanced poses.

BALANCE & BONE DENSITY

Fri, August 25 12:00 – 2:00 pm All Levels Stuart \$30

We will focus on keeping your balance abilities optimal while influencing bone density in a positive way. Decreasing the risk of falling and keeping the long bones healthy is a combination that yoga lends itself to in a playful and functional way.

Registration Form (Pre-registration is required)

Enroll me in:

Class Title	Date	Cost
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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: _____