

## YOGA CLASS AND INSTRUCTOR DESCRIPTIONS

Spring 2012

### Yoga

#### **Beginning Yoga (BEG)**

**Mon/Wed/Fri 6:45-8:00 am**

**Danielle Dunckley**

This class is geared to those new to yoga or students who enjoy a slower, alignment-based practice. Students will learn appropriate alignment for basic seated and standing poses. Props such as blocks, straps, bolsters and balls may be used. Classes are structured cumulatively to learn to something new as the class progresses.

#### **Power Yoga (INT)**

**Tue/Thu 5:00-6:15 pm**

**Melissa Montalto**

Melissa is a certified yoga teacher trained under Ana Forrest, and has a background in several other styles of yoga including Ashtanga, Baptiste, Vinyasa, and Universal yoga. The pillars of Forrest Yoga are incorporated into her class: breath, strength, integrity and spirit. Classes will focus on breath-work, core strength, and vigorous sequencing without music. Students are encouraged to challenge themselves, working honestly at their edges, in a safe, supported environment. This class is geared for those who have an established yoga practice, but poses will be modified for differing levels of yogis. Melissa brings training and practice in nutrition, massage therapy, and athletics to work with individuals at many levels, using hands-on and verbal adjustments to work safely within poses

#### **Gentle Yoga (BEG)**

**Tue/Thu 12:15-1:15 pm**

**Matthew Coe**

Relax, renew, and restore your energy with Gentle Yoga. This class is taught to music, incorporating gentle stretching with a restorative breathing practice and flowing, meditative movement. It is suitable for beginners as well as for those who like their yoga gentle and relaxing.

#### **Hatha Flow**

**Tue/Thu 4:00-5:15 pm**

**Mandy Vick**

Hatha flow yoga can improve awareness of your body in space, balance, stabilization, flexibility, and core strength with a well-rounded practice. Explore the benefits of deep, conscious lengthening of the connective tissue and muscles combined with restorative poses to help relieve tension and aid the body in its healing and recovery processes. Specific breath practices (pranayama) and continued awareness and exploration of this 'prana' will lead to a deeper awareness within each pose and overall balancing of the body's energy. Other facets beyond the physical (mental clarity, focus, imagery, and meditation) are integrated into the practice. This class is a great complement to an athletic training program, as a cross training tool, or to help the body prevent injury or promote healing from chronic injury. Suitable for all ages and levels

#### **Hatha Flow**

**Tue/Thu 5:30-6:45 pm**

**Rachel Patterson**

Rachel has been practicing yoga for nine years. She recently received her 200 hour certification through Eight Limbs Yoga in Seattle, and teaches at a few local gyms and studios. Her classes focus on elements of foundation, including breath, grounding and focus. Over the course of the quarter, classes will build to incorporate longer sequences with movement to breath. Classes will follow a progression of warm-up, flow, standing poses, balancing poses, back bends and core strengthening, followed with longer holds in seated and reclined stretches and twists. Classes may include music and each session will have a thematic focus, such as presence or balance. Modifications and variations will be offered to accommodate all levels of students.

#### **Hatha Flow**

**Tue/Thu 7:00-8:15 pm**

**Michael Glass**

In flow class, emphasis is placed on breath, movement and fluidity. Warm-up is structured around a sequential framework of sun salutations designed to improve flexibility, strength and agility. Each class then will offer a different focal area – for example, improving range of motion for forward bending, or strengthening back and shoulders – which in turn provide students the opportunity to spend more time to go a little deeper and experience more transformative aspects of the practice. You may surprise yourself! This class is designed to be both fun and challenging for all levels of students – and a great way to smooth out the rough edges of your day. Some experience with yoga is, in most cases, suggested. Michael has enjoyed teaching yoga at the IMA for the past 8 years, originally receiving his teaching certification in July 2001 from Yoga Tree in Seattle.

**YOGA CLASS AND INSTRUCTOR DESCRIPTIONS***Spring 2012***Hatha Yoga****Mon/Wed/Fri 4:00-5:15 pm & Mon/Wed 5:30-6:45 pm****Kelly Blanchard**

Kelly teaches an eclectic mix of yoga techniques such as sound (mantra), gestures (mudras), and visualization (bhavana), in addition to postures, breathing and meditation. Classes are taught step-by-step in an interactive lecture format. No external music is used. Yoga Sutras, practical application and explanation of yoga symbols are emphasized. Sessions are adapted to meet the needs, context and experience level of the students attending. Kelly is also a singer, songwriter and performs regularly with his band. He has his hands full raising two young daughters with his wife.

**Iyengar Yoga****Mon/Wed/Fri 7:30-8:45 am****Huijung Campbell**

Huijung caught the yoga bug several years ago and soon became a dedicated practitioner of yoga in the Iyengar tradition. She earned her 200 hour certification at the Center for Yoga of Seattle (the only Iyengar studio in Seattle) where she also teaches. She gives clear and detailed instructions to help the students learn the important foundations of the poses. Her classes generally start with meditation and standing poses, followed by seated poses and relaxation. As students progress throughout the quarter, the class will become more strenuous and more poses will be introduced, including back bend and inversions. Huijung does not use music, and instead encourages students to listen to their bodies. She uses props to accommodate all different body types.

**Vinyasa Flow****Mon/Wed 12:00-1:00 pm****Danielle Dunckley**

Danielle has been teaching yoga for over 9 years after receiving her 200 hour certification at the Kripalu Center in 2002. She encourages students to listen to their bodies and to practice with compassion and awareness. Her classes include centering, a focus on the breath, warm-up and a vigorous flow of standing postures, followed by seated poses that includes twists, forward bends, back bends and balance, a final relaxation and a final meditation. During the quarter, each class will build off of one another for increased stamina, strength and flexibility. Danielle incorporates music into her classes to inspire her students and help immerse them into their practice.

**Vinyasa Flow (INT)****Tue/Thu 6:45-8:00 am****Danielle Dunckley**

Danielle has been teaching yoga for over 9 years after receiving her 200 hour certification at the Kripalu Center in 2002. She encourages students to listen to their bodies and to practice with compassion and awareness. Her classes include centering, a focus on the breath, warm-up and a vigorous flow of standing postures, followed by seated poses that includes twists, forward bends, back bends and balance, a final relaxation and a final meditation. During the quarter, each class will build off of one another for increased stamina, strength and flexibility. Danielle incorporates music into her classes to inspire her students and help immerse them into their practice.

**Yoga Etiquette**

**Bring your own yoga mat.** Yoga mats are not provided by the IMA. Props (blocks, straps, bolsters) are provided.

**Intermediate level classes** are geared for those who have practiced yoga for a minimum of 6 consecutive months (2 quarters) and maintain a consistent private practice. Intermediate participants must have a solid yoga foundation: familiarity with pranayama, sun salutations and basic asanas, and should be comfortable doing arm balances as well as inversions. For the safety of yourself and others, instructors reserve the right to remove participants from an Intermediate level class if specific skills are not met.

**Please arrive early.** Walking in late is a disruption to the instructor and fellow participants, and it is imperative to your practice to warm-up. Aim to be at class 5 minutes early. Instructors reserve the right to ask participants to leave class if they are too late.

**Please avoid leaving early.** If you must leave early, inform your instructor. Secure a spot near the door to exit without disrupting the rest of the class.

**Turn off all cell phones.** Or leave them in your locker.

**Please inform your instructor of any injuries** or conditions that might affect your practice.