

Yoga Classes



Offered by Connie Reynolds

Beginner Yoga Personal Power Fundamentals Classes

Feel the excitement when Connie thrills you at each new discovery about yourself . . . when she assists you in uniting the electrical current of your body, the constancy of your breath, the rhythm of your heart and the waves of your mind to create sweet harmony and soothing synthesis in the depths of your being! She'll carefully show you how to apply specific techniques for each category of yoga postures including back bends, forward bends, twists, standing poses and balancing poses. She'll guide your postural techniques with adjustments that help you find perfect balance so you receive full benefits of a yoga practice and aren't injured with unknown imbalances in the joints, back and neck. Based on Krya, Raja, Iyengar and Hatha yoga, this integral style of strength, relaxation and well-being is profound and lasting . . . calming the mind, bringing vitality to the body and understanding the self. You'll learn how to breathe while coming into, holding and coming out of each posture, techniques that expand the lungs while fostering mental unity. In the very first class you will experience improved posture that opens the chest and frees the respiratory muscles for easier deep breathing. Then layer on the stretching and strengthening to release long held tension, pressure, stiffness, strain, stress and discomfort. Then you will learn how to align the spine so you look years younger...standing taller with focused concentration while simultaneously contracting or relaxing other muscles for stability. Once Connie finds balance in your musculoskeletal system, your joint friction will reduce, blood flow and nerve impulse will increase and this maximized range of motion will minimize pain.

Owner of The Yoga College, Connie Reynolds, Master of Yoga Education, has instructed 10 – 20 yoga classes a week for 15 years and counting! She opened The Yoga College in 1997 in Sioux City. She is certified through the Temple of Kriya Yoga in Chicago, the International Yoga College in Tucson, AZ, Yoga For Heart Disease and Cancer and is registered with The Yoga Alliance as an Experienced 500 Hour yoga teacher. She has taught many workshops and specialized classes and is the director of the Desert Angels Belly Dance Troupe.

Details

Class Type: Beginner Technique Class

When: November 6th – November 29th

Time: 6:45p – 7:45p.m.

Fee: \$95.00

To Register: Call Connie Reynolds, Owner, The Yoga College at 712-224-9642 or email connie@theyogacollege.com

Register online at www.theyogacollege.com
Schedules and Enrollment Page