Instructor: Susan Price RYT 330

Certified/Registered/Insured

I have practiced Yoga for 6 years and completed a 330 hour teacher training program at The Triad Yoga Institute (March 2008). A longtime student, but a new teacher, I am excited to share all the wonderful benefits of Yoga with you in a quiet, non-competitive and safe environment. Allow me the honor of guiding you on your journey to a healthy mind-body-spirit experience.

The 330 hour Teacher Training course at The Triad Yoga Institute is under the instruction of Terry Brown (owner), Martha Garrett and Suzanne Newton. The complete course took 10 months and covered every area of Yoga such as history, ethics, principles, body alignment, spine care, deep breathing and stress management, postures and meditation.

Beginner Level

Tuesday evenings
6:45-8:00 pm

Bur-Mil Park Clubhouse

These classes are an introduction to Yoga appropriate for people with no prior experience with Yoga. This class will cover fundamentals of basic Yoga poses, breathing techniques for relaxation, alignment principles, transitioning in and out of poses safely, and will work on improving flexibility, strength and balance.

Class Fees	
Package	Price
6 Classes	$50.00
12 Classes	$90.00
Walk-Ins	$10 per class

Directions:
Bur-Mil Park is located off of Highway 220 (Battleground Ave.) just north of Horse Pen Creek Rd. and south of Summerfield.

YOGA WITH SUSAN PRICE

HELD AT BUR-MIL PARK

5834 Bur-Mil Club Road
Greensboro, NC 27410
(336) 373-3803
www.burmilpark.org

Things to Know

Classes are on-going and taught in sequence. This means that all poses are linked to the one before and the one after for systemic effects of large and small muscle movements. Please try to attend as many classes as possible as to not fall too far behind.

Adults 13 and over are welcome (parental consent required for minors)

All students will be required to alert the instructor of injuries and physical limitations when you sign up and at the start of every class so that modifications can be recommended.

Some things to think about upon arriving to class:

* Turn off cell phones.
* No shoes. Yoga is practiced in bare feet.
* Wear clothing you can easily move in but no baggy clothes. I'll need to check alignment.
* Arrive a few minutes early to settle in and to register and/or pay for the class.

Props

A prop is an aid that is used to support you when you are not quite able to do the poses, to help you explore a pose in a new way or to facilitate ease and relaxation while in a pose. You are encouraged to purchase your own props not only for class every week but also for your home practice. Home practice encourages you to create a routine that honors your limitations.

Here is a list of props you will need:

- 1 sticky Yoga mat
- 1 Yoga strap 6-8 feet long
- 2 Yoga blocks
- 2-3 throw size blankets
- 1 hand towel for padding your knees and ankles

The Benefits of Yoga

Although it theoretically appears possible for the body, breath and mind to work independently of one another, the purpose of Yoga is to unify their actions, *(The Heart of Yoga* by T.K.V. Desikachar*)* to make the body strong, the mind clear and the breath our guide

- Flexibility
- Stress Management / Relaxation
- Muscle Strength
- Body Awareness
- Back Issues
- Headaches
- Maintaining well-being
- Sleeplessness

Breathing Techniques for relaxation are part of Yoga practice because it is simply one of the healthiest things you can do for yourself. Learning to relax and breathe serves to quiet the Nervous System, center and slow the mind and cure fatigue, to allow the muscles to relax and accept the benefits of Yoga. It also improves the body's own healing mechanism. Breathing properly and deeply is the key to overall good health.