



**\$99**

## **4 WEEK FOCUSED GROUP SESSIONS**

**Tina McCourt**

**Yoga Instructor and Certified Personal Trainer**



### **Introduction to Yoga**

A beginner's class about the fundamentals of yoga.

**Learn the basics, like:**

- Savasana
- Staff pose
- Plank pose
- Cobra pose
- Mountain pose
- Sun salutation sequence

**9:30am -10:30am**  
**Tuesdays**

### **Train & Flow**

Add functional strength training to enhance your yoga practice.

**Try various equipment, like:**

- Dumbbells
- Cables
- Bands
- Balance Board
- Stability Ball
- Steps

**9:30am -10:30am**  
**Thursdays**



For registration contact Tina at [Tinam@waverleyoaks.com](mailto:Tinam@waverleyoaks.com)





# 4 Week Focused Group Sessions

**Tina McCourt**

**Yoga Instructor and Certified Personal Trainer**

## Introduction to Yoga

### Learn the Basics

You hear so many cues to so many poses in every day to day yoga class and while you may get a personal adjustment here and there, how do you know you are doing each pose "right" and in a way that supports and strengthens your body, while encouraging you to find more depth and ease in your body and breath?

In this 4-week workshop series we'll break down Surya Namaskar A (mountain, high & low plank, cobra, up dog, down dog, forward fold) as well as low lunge and the most common warrior poses with their variations and modifications. We will also break down common transitions (stepping foot forward from 3-legged dog, chaturangas), and the strength/mobility "building blocks" that help train the body for those movement patterns in a way that is effective and sensible. Each group member will have opportunities to be personally adjusted in any poses that they struggle with or have specific questions about. There will be plenty of time throughout the series for individual questions and answers!

This series is all-levels, extremely helpful for beginners, and any yoga practitioners who feel they "plateau" in their physical yoga practice. And yes – there will be savasana at the end of each session!

## Train & Flow

### Strengthen and Tone

This series will be 50% group strength training and 50% yoga. Props used for strength training include weights, cables, bands, balance boards, stability balls, and steps. This series is designed for anyone who is trying to add functional strength training to enhance their physical yoga practice. The pacing of exercises will be slower to ensure proper education, form and explanation. The props used will cycle week to week so that members leave this series feeling a sense of autonomy in using the full spectrum of amenities that the club has to offer. The yoga section of class will be 50% active/strength enhancing, and 50% restorative/stretch. This series is a mini group personal training session combined with a mini Flow & Restore class (of course followed by savasana – lights off because we need it!)



For registration contact Tina at [Tinam@waverleyoaks.com](mailto:Tinam@waverleyoaks.com)