



| | Wellness Workshop | Program Outline |
|--------------------------|--|-----------------|
| Introduction | classroom ethics/ scope of workshop/ principles of yoga/ preventive therapy | 10' |
| Warm Up | why sun salutation is a total work-out | 10' individual |
| Body Works | where's your kidney/ difference between abductor and adductor muscles/ where does stress reside/ what are breath locks | 10' |
| Focus | how energy centers are directly linked to various body functions and systems | 10' |
| Body Breakdown | causes, symptoms, prevention of common ailments, and how posture practice helps | 10' pair work |
| --- break 10' --- | | |
| Yoga Safety | tips/ props and variations/ facts and myths | 5' |
| Posture Practice | structured sequence of 48 postures in flowing <i>vinyasa</i> style, using abdominal/ glottal breath | 30' group wk |
| Yogic Sleep | split level - mind is alert while the body rests | 5' |
| Breath Matters | how ailment specific breathing helps soothe nerves and muscles, as it nourishes various glands and organs/ why breath is important | 10' individual |
| Conclusion | OM work/ neck rub/ program evaluation | 5' pair work |
