

## **CC Free Yoga Classes**

Carolina Colours has four certified yoga instructors who volunteer their time weekly to teach yoga for free to residents. Updated Class schedules and venues effective June 1<sup>st</sup>, are detailed:

**MONDAYS: 8:30-9:20am** Active Full Body Yoga with Ralph Dobson  
Pavilion Ballroom Indoors *(No change)*

**MONDAYS: 8:55-10:30am** Restorative Yoga with Lori Lozier  
On-Line via Zoom Meeting *(No change)*

**TUESDAYS: 8:30-9:20am** Active Full Body Yoga with Ralph Dobson  
Pavilion Ballroom Indoors *(No change)*

**WEDNESDAYS: 8:30-9:45am** Active Full Body Alignment-Based Yoga with Tamara Paquee  
CC Pavilion back Patio - behind Tap Room *(No Change)*

**THURSDAYS: 8:30-9:45am** Active Full Body “Slow Flow” Yoga with Carol Aluzzo  
CC Pavilion Ballroom Indoors *(Venue Change)*

### **Update Key Information – All Classes:**

- Indoor classes must only be attended by those who are fully vaccinated from COVID19, and for all in-person classes, those with any potentially contagious condition must refrain from class until symptom-free.
- **All classes are FREE**, and no pre-registration, sign-up nor notification is required – just arrive promptly before class start time. New students are **ENCOURAGED** and should introduce themselves to the teacher before class, denoting any physical limitations, joint fusions, joint replacements, etc., so the teacher may be prepared to suggest appropriate pose modifications. New students to Online Restorative Yoga via Zoom Meeting should contact yoga teacher Lori Lozier by E-Mail ([LoriLozier@Yahoo.com](mailto:LoriLozier@Yahoo.com)) to enroll in a 1-time online orientation, to ensure safe participation. Lori will conduct occasional online orientation sessions as new and resumed former student interest occurs.
- All participants in CC Free Yoga Classes must provide all their own yoga props, which typically include a yoga mat, yoga strap, and two yoga blocks. For Restorative Yoga, additional required props include 2-3 yoga blankets (or thick beach towels) and a rectangular yoga bolster.
- If a yoga teacher’s schedule requires class cancellation, an advance e-Mail will be sent out via the Carolina Colours Google-Mail subscribed list.
- All yoga class participants acknowledge: Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Under certain medical conditions, or within certain physical environments, yoga is not recommended and is not safe. Participants alone are each responsible to decide whether to practice yoga, and thus, each individual practices at his/her own risk.

## **CLASS DETAILED DESCRIPTIONS:**

### **Ralph Dobson, AFAA Fitness Certification (Monday and Tuesday Indoor Classes)**

Ralph's classes utilize a consistent sequence of poses, aimed at learning the poses and then improving upon them to gain maximum wellness. The class begins with meditation, incorporating yoga breathing to get the body adjusted for yoga. Warm-up stretching follows with focus on hands, arms, shoulders, legs and back. The active sequence includes both reclined and standing poses. Class concludes with time to relax and meditate.

### **Lori Lozier, Certified Yoga Teacher CYT-200 Hr. (Monday Online Class)**

Lori's class is somewhat unique to the CC Yoga lineup, as it is a Restorative Class aimed at calming the mind, body and breath so that the deep tissues of the body may release tension, toxins, and achieve newfound ease and capability. The class is taught in only sitting and reclining positions, whereby poses of much longer duration, safely supported by numerous props, allow gravity to release the "holding" tendency of the body. Specific breathing techniques are utilized to aid and emphasize the muscular and fascia release. Classes are specifically sequenced to begin yogic centering, introduce yogic breath (pranayama), and then warm the tissues. Lori's Restorative Yoga sequences typically include 4-5 specific poses (asana) including very slow, purposeful movement, and holds which may safely last several minutes. Savasana, a final yogic drawing-in and restful state concludes the class. Lori's planned sequences typically change every 6-8 weeks and are often themed to seasonal changes. Although Restorative Yoga is taught without standing poses, it is necessary that participants are able to independently rise to standing from a floor-level seated position in order to safely practice. Online class participation requires use of an electronic device that supports Zoom Meeting access.

### **Tamara Paquee, Certified Yoga Teacher CYT-200 Hr., and pursuing CYT-500 Hr. (Wednesday Outdoor Class)**

Tamara's class is alignment-based yoga with deliberate poses (asana), inspired by Iyengar Yoga, known for an emphasis on detail, precision and alignment in the performance of each posture. The development of strength, mobility and stability is gained through the asanas. Tamara's class is appropriate for yogis of all levels, and her class may be well suited for those who desire added focus on mastering the ideal alignment of each pose. Sequences change weekly, and follow a traditional class structure: opening, centering, and warm-up stretches, followed by a variety of reclining, standing, seated and inversion poses. Sprinkled with bits of Sanskrit and some yoga philosophy, each class has a theme and ends with the practice of restful savasana.

### **Carol Aluzzo, AFPA Yoga Teaching Certification (Thursday Indoor Class)**

Carol's class is for all levels of yogis: beginner and beyond, and you're likely to work up a bit of healthy sweat in the process. The active "slow flow" Class includes standing, sitting, kneeling, reclining and prone poses (asana) executed deliberately, mindful of proper alignment. Each class begins with breath work and warm-up movement, and then poses weave smoothly from one to another. Comprehensive sequences may vary from week to week. Carol's class concludes with relaxation (savasana). Carol's class is also appropriate for more experienced yogis, looking to build strength and endurance.