

Carolina Colours Free Yoga Information

Carolina Colours has three certified yoga instructors who volunteer their time weekly to the Free Yoga Program. The program is for CC residents only. All classes are held in the Activity Center. The schedule follows:

TUESDAY: 8:30 AM – 9:00 AM

Teacher: Carol Aluzzo

Style: Qigong

*Props: None

9:15AM – 11:15AM (includes time for set-up and break down of props)

Teacher: Lori Lozier

Style: Restorative Yoga

*Props: Yoga mat, Strap, Rectangular bolster, 3 Blankets, 2 Blocks

WEDNESDAY: 8:30AM – 9:45 AM

Teacher: Tamara Paqu e

Style: Alignment-Based, Iyengar-Style Yoga

*Props: Yoga mat, Strap, 2 Yoga blankets, 2 Blocks

THURSDAY: 8:30AM – 9:00 AM

Teacher: Carol Aluzzo

Style: Qigong

*Props: None

9:10AM – 10:00 AM

Teacher: Carol Aluzzo

Style: Slow Flow Yoga

*Props: Yoga mat, Strap, 2 Yoga blankets, 2 Blocks

Key Information – All Classes:

- All classes are free and do not require advanced sign-up or registration.
- Classes start promptly on time. You are encouraged to *arrive at least 10 minutes before the start of class*. If you arrive after class starts and the door is closed, please take a moment to ensure *you are not joining class during the centering practice* (generally the first 5-7 minutes of each class); please be as quiet as possible and use the door closest to the main entrance to join class after the centering practice has concluded.
- All participants are required to bring their own props to every class (*see class schedule for props). A very limited quantity of CC-owned yoga bolsters is available for first-time students, especially for restorative yoga, which relies heavily on bolsters.
- Please leave all personal items (except valuables) in the provided storage space outside the studio.
- Cell phones and “talking” watches or Fitbits are to be set to silent or turned off during class.
- If class is canceled, an advance email is sent via the Carolina Colours Google email distribution list.
- New students are strongly encouraged to introduce themselves to the instructor, to mention any physical limitations, joint fusions, joint replacements, etc. so the instructor can safely lead them through class and provide pose variations when needed.
- All participants acknowledge that neither yoga nor qigong are suitable substitutions for medical attention, examination, diagnosis or treatment. Under certain medical conditions, or within certain physical environments, neither yoga nor qigong is recommended and is not safe.

Participants alone are responsible to decide whether to practice yoga and/or qigong or not and, practice at her/his own risk.

Class Descriptions and Instructor Information

Carol Aluzzo – QAFPA Teaching Certification (Slow Flow Yoga and Qigong)

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

Qigong (pronounced CHEE GONG) is similar to Tai Chi and involves gentle, flowing movement designed to balance and energize the body. Qi or Chi means "energy". It is usually practiced from a standing position, but it can be modified for seated movement. Qigong requires no specific props, not even a mat. Comfortable, workout type of clothing and footwear is suggested. Practicing Qigong improves your balance, is a gentle workout for your core, requires no memorization of a routine, and helps promote a sense of peace and well-being. This class is offered as a separate 30-minute class, or as a warm-up for the yoga class that follows it.

Lori Lozier, Certified Yoga Teacher CYT 200-Hr. (Restorative Yoga)

Lori's restorative yoga class is aimed at calming the mind, body and breath so that the deep tissues of the body can release tension and toxins, and achieve newfound ease and capability. The class is taught in only sitting and reclining postures, whereby poses of much longer duration, safely supported by numerous props, allow gravity to release the "holding" tendency of the body. Classes are specifically sequenced to begin with yogic centering, introduce yogic breath (pranayama) and then warm the tissues. While restorative yoga is taught without standing poses, participants must be able to independently rise to standing from a floor-level seated position.

Sequences typically include 5-6 specific poses (asana), including very slow and purposeful movement. Savasana, a final yogic drawing-in and restful state, concludes the class. The sequences typically change every 6-8 weeks and are often themed to seasonal changes.

Tamara Paquée – Certified Yoga Teach CYT 200-Hr. and pursuing CYT 500-Hr. Certification (Alignment Based Yoga)

Tamara's class is alignment-based yoga with asanas (poses) inspired by Iyengar Yoga. Alignment of the body throughout the practice is the focus, so that moving through the practice is not only purposeful but also safe. This class is appropriate for all level of yogis, especially for those who wish to develop increased strength, mobility and balance and to deepen their yoga knowledge. Sequences change every week and include sitting, standing, kneeling and reclining postures. The class follows the traditional yogic class structure: centering, warm-up, active practice, cool down and savasana (relaxation). Sanskrit and yoga philosophy as also part of Tamara's class.