

Health & Fitness Classes



2012 is a great year to start a fitness program or healthier lifestyle

A Course in Yoga (beginning) – R. Lundberg

This course is a must do for anyone interested in yoga!!! The class is a movement course aimed at helping to enhance the yoga practice of students at any level. Alignment and detailed instruction are key elements in helping each student reach their yogic potential. Classes build upon each other creating a strong foundation for further study of yoga. All levels are welcome, just bring a great attitude and be willing to try something new. Rachel Lundberg is an experienced yoga teacher and is registered with the National Yoga Alliance. Her training is Iyengar-based which is designed to help all students reach their potential in yoga through the use of props and correct adjustment. Min 8 Max 20 FEE: IC \$100 / OC \$105 (10 weeks) \$12 drop-in rate

2017.201 Th 7:45 – 9 pm 1/12 – 3/22 *No class March 15

2018.201 Th 7:45 – 9 pm 4/5 – 6/7

FEE: IC \$120 / OC \$125 (11 weeks) \$12 drop-in rate

2000.301 Th 7:45 – 9 pm 6/14 – 8/30 No Class 6/28

Sunset Fire Hall, Upstairs

All Levels Yoga

This class focuses on beginning to intermediate students with emphasis on breath, balance, and strength, which help to build each student's individual practice. Modifications are offered for the different levels of students, times of life, and personal preference.

FEE: IC \$99 / OC \$104

2056.201 W 6-7:30 pm 1/11-3/21 11 weeks

FEE: IC \$90 / OC \$95

2057.201 W 6-7:30 pm 4/11-6/13 10 weeks

Sachi Wellness Center, 2008 Willamette Falls Drive, Ste 200A

Saturday Morning Yoga

Open to all levels. Start your weekend with an invigorating dance of movement and breathwork. The instructor will help students tailor the poses to their experience and ability.

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FEE: IC \$99 / OC \$104

2058.201 Sa 9–10:15 am 1/14-3/24 11 weeks

FEE: IC \$90 / OC \$95

2059.201 Sa 9 –10:15 am 4/14-6/16 10 weeks

NEW MEDITATION CLASSES!

It is only with the heart that one can see rightly. What is essential is invisible to the eye.

~ The Little Prince

Beg. Meditation for Weight Loss and Healthy Weight Management:

Learn how to use meditation and breathing techniques to shift the internal emotional and thought patterns so that the compulsion to eat is neutralized. By transforming our inner world we can more easily and effortlessly shift our eating habits and allow the body to find its healthy, balanced weight. Taught by Caren Prentice, Certified Meditation Instructor. 10 weeks

FEE: IC \$80 / OC \$85

2060.201 Th 2 - 3:30 pm 1/19-3/22 *No class 2/16

Int. Meditation for Weight Loss and Healthy Weight Management:

Learn how to use more advanced meditation and breathing techniques to shift emotional and thought patterns so that the compulsion to eat is neutralized. Open only to those who have taken Beg Meditation for Weight Loss.

Taught by Caren Prentice, Certified Meditation Instructor. 10 weeks

FEE: IC \$80 / OC \$85

2061.201 Th 2-3:30 pm 4/12 - 6/14

Meditation to Reduce Stress and Anxiety LEVEL 1:

Learn simple basic techniques that will reduce your blood pressure, relax the body, and calm the mind. These techniques will help you begin to overcome the sensations of being overwhelmed by fear, anxiety, and stress – the primary causes of insomnia, high blood pressure, and other stress-related diseases. Taught by Caren Prentice, Certified Meditation Instructor

FEE: IC \$45 / OC \$50

2063.201 Th 6- 7:15 pm 1/12 - 2/9 5 weeks

2062.201 Th 6- 7:15 pm 4/12 - 5/10 5 weeks

Meditation to Reduce Stress and Anxiety LEVEL 2:

Build on the techniques learned in level 1 and begin working with more intermediate techniques to identify triggers and increase the power of the mind to overcome feelings of fear, stress, and anxiety and replace them with feelings of equanimity, harmony, and serenity. Taught by Caren Prentice, Certified Meditation Instructor

FEE: IC \$45 / OC \$50

2064.201 Th 6-7:15 pm 2/23 - 3/22 5 weeks

2065.201 Th 6-7:15 pm 5/17 - 6/14 5 weeks

Meditation for Moms

This class will focus on issues specific to moms and the unique challenges we face raising children from infancy through adulthood. You will learn techniques to help you become less stressed, less reactive, less emotional, less worried, and less angry. It will help you sleep better, improve your sense of humor, and become the 'mom' you want to be. Taught by Caren Prentice, Certified Meditation Instructor and mother of four.

FEE: IC \$40 / OC \$45

2066.201 Th 7:30 – 8:45 pm 1/12 - 2/9 5 weeks

2067.201 Th 7:30 – 8:45 pm 2/23 - 3/22 5 weeks

2068.201 Th 7:30 – 8:45 pm 4/12 - 5/10 5 weeks

2069.201 Th 7:30 – 8:45 pm 5/17 - 6/14 5 weeks

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