

1636 – Morning Yoga

Beginner / Pool Only

Sanibel, FL / Friday, June 26, 2020 – 7:00-8:00 am – 1.0 credit hour

(Pool: 7:00-8:00 am)

Faculty: Camella Nair, Swami, C-IAYT

COURSE DESCRIPTION: Personal reflection and inspiration are offered in this early morning aqua yoga class at the end of an intensive learning weekend. It will be an experiential workshop that is breath-centered and will focus on flowing movements (vinyasa) to open major joints, improve balance and concentration, and explore some classical land yoga poses translated for the water environment. We will cultivate inner body length, improve stability and balance, cultivate eudaimonia and a sense of community and support, as well as, inspire future applications for clients.

COURSE OBJECTIVES:

- 1) Review major objectives of any yoga class on land or in the water.
- 2) Promote self-care and advocating for oneself throughout the practice.
- 3) Explore yogic breathing techniques to be adopted throughout the practice.
- 4) Practice cultivating conscious breathing for greater self-awareness, utilizing yoga poses in a fluid manner, linking breath and movement.
- 5) Explore various yoga poses for strength, stability, greater ROM and balance.
- 6) Connect with others in a pool class setting for greater eudaimonia on a personal level and set personal intention for moving on beyond the conference.
- 7) Experience total relaxation for integration of one's practice to ensure long-lasting effects.

FACULTY: Camella Nair, Swami, C-IAYT, is one of the few ordained female Swamis currently teaching in the Kriya Lineage. It is an unbroken line of gurus dating back thousands of years. She pioneered Aqua Kriya Yoga 20 years ago and travels to certify teachers in this field. As a female disciple, she authored "Prenatal Kriya Yoga" which is a mystical journey into pregnancy and motherhood. A registered Yoga Therapist and Prenatal Yoga Alliance registered teacher, she has a comprehensive online home-study in prenatal yoga at www.prenatakriyayoga.com.