

Yoga with Clare

About the Class

This 8-week yoga series is a great way for you to explore the foundations of yoga and be introduced to or deepen your yoga practice. Each week Clare will lead a 60-minute class created to cultivate strength while moving with both intention and attention. Students will learn about the foundations of yoga, breathing techniques, meditation, alignment and how to modify your practice.

Possible Themes for Your Class

Yoga for Beginners, Yoga for Athletes, Yoga for Guys, Power Yoga, Slow Flow or Yoga for Teachers. Theme descriptions available upon request.

Meet your instructor Clare

Clare is a former GMAA multisport student-athlete who graduated from the Sacred Heart School of Montreal. Clare discovered yoga after many years in competitive sports and quickly fell in love with the way it made her feel on and off the mat. She believes that yoga is for everybody and to practice yoga is to develop awareness of both mind and body by observing our lives; our thoughts; our words; and our actions.

Equipment Required

Equipment: Mat or towel, blanket & pillow if desired, water bottle
Space: A quiet space with minimal distractions

Course offered as part of the GMAA Let's Move – Virtually program



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