

Little People of America
Trifecta 2015

YOGA

Friday 3:00-4:00 pm
Arizona Ballroom G

This class will introduce the benefits of Yoga postures and breathing, as well as a brief meditation to begin and end the class, to those who are new to the practice, and also for those who have already done Yoga. Yoga allows for stretching, strengthening and revitalizing for the body; more focus and peace for the mind; and refreshment for the spirit.

We will focus on poses that can be more easily approached by LP's, and also for average size friends and family members. The art and science of Yoga evolved to benefit all of humanity, regardless of physical capabilities and age. In this class adaptations and options will be given so that all can enjoy the class in an easeful and light hearted way.

Facilitator –

Maryann Tully began practicing Yoga in the 1970's & has been experiencing the benefits ever since. She began teaching Yoga in 2001 and is a registered Yoga Alliance teacher. Yoga is a practice for body, mind & spirit and can be adapted for any body. Studying how to help different groups experience Yoga has become of great interest to her and she teaches to seniors in a day program. Maryann and fellow Yoga teachers taught at the LPA Regional in 2007, and she is excited to offer this opportunity to the LP culture once again.

