



CURVY YOGA CERTIFICATION PROGRAM



SAMPLE CLASS / WORKSHOP DESCRIPTIONS

MODULE FIVE



Sample Class / Workshop Descriptions

Although I'm sure you're going to come up with your own brilliant spin on this, I think it's always helpful to see other class/workshop descriptions to help get your wheels spinning.

I like to make sure that my class/workshop descriptions include the following information (not necessarily in this order):

- Class/workshop name
- Class/workshop description
- Date & time
- Cost
- My name & contact info (URL, email and/or phone number)
- Location: address and contact info (URL and/or phone number)

General Descriptions

As someone who doesn't have the "typical" yoga body, Anna Guest-Jelley, RYT, knows first-hand that yoga really is for every body. Her specialty as a teacher is helping people access poses and freedom in their bodies that they never thought were available to them. This series will open the world of yoga to curvy-bodied people who are interested in yoga but aren't sure where to start.

Topics we will cover include:

- Embracing a curvy life
- Pose modifications for curvy bellies, thighs, butts, and more
- Body image and body love
- Pose modifications for joint issues

Curvy Yoga classes are offered weekly at locations around Nashville! These classes are appropriate for curvy people, yoga beginners, people looking for a gentle yoga class and more.



Rock your curves! Calling all people with rounder bodies: there's now a yoga class designed specifically with your needs in mind. No one will be putting their leg behind their head, but we will be building flexibility and strength through gentle movement and alignment. This class is great for people of all shapes, sizes, ages and abilities.

Specific-Focus Descriptions

Stand By Me

This class explores standing poses designed for curvy bodies. This class is especially good for people who struggle to get up and down from the floor. We'll work on balancing poses to prevent injury in everyday life.

Brick House

Avoid death-by-boob-smush and try out these accessible backbends created especially for people with bigger breasts and bellies.

TWB

Let's twist! This workshop teaches strategies for TWB (twisting with belly). Check out this class to wring stress from the body.