

act Handbook



act Sample Offer:

Title:

Beginner's Yoga Class: Finding Balance and Flexibility

Subtitle:

A Relaxed Introduction to Yoga for Health, Relaxation, and Inner Calm

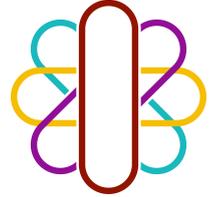
Description:

Join this beginner-friendly yoga class where participants will learn the foundations of yoga, including breathing techniques, gentle stretches, and key poses to improve flexibility and balance. In a supportive environment, you'll connect body and mind through guided movements, all designed to help you leave feeling relaxed and centered. This act is perfect for newcomers looking to explore yoga in a welcoming, non-judgmental space.

Meeting Point:

Wellness Center, Room 5, Elm Street 21, 45678 Springfield

Timeline:



- **Date:** October 22nd, 2024
- **Time:** 10:00 am
- **Duration:** 60 minutes

Participant Information:

Bring comfortable clothing suitable for stretching. Yoga mats, blocks, and straps will be provided, but feel free to bring your own if preferred. Water bottles are encouraged for hydration. No prior experience in yoga is necessary.

Age Recommendation:

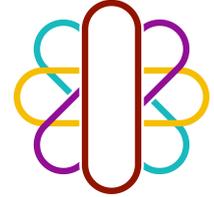
aged 25 to 35

Tickets:

- **Available Tickets:** 15 tickets
- **Price:** \$20 per ticket

Labels:

- **Labels:** Yoga, Relaxation, Beginner



Complete Overview of the Yoga Class Structure and Benefits

Category

Mental Health

Title

Beginner's Yoga class: Finding Balance and Flexibility Through Gentle Movements

Subtitle

A Relaxed Introduction to Yoga for Health, Relaxation, and Inner Calm

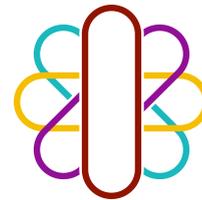
Introduction and About the act

This act handbook is designed to guide providers in delivering a gentle, beginner-friendly yoga class. Yoga is a transformative practice that improves flexibility, builds strength, and fosters a sense of inner calm. This act introduces the basics of yoga in a supportive and non-judgmental environment. Participants will learn foundational poses, breathing techniques, and how to connect body and mind through movement. The goal is to help newcomers feel comfortable in their practice and leave the session feeling more relaxed, centered, and aware of their bodies.

Yoga for beginners attracts people seeking relaxation, stress relief, and a gentle introduction to physical activity. The inclusive nature of yoga makes it suitable for participants of all ages and abilities.

Recommended Duration

60 Minutes



This duration allows for a balanced class that includes breathing exercises, warm-up, core yoga poses, cool-down, and relaxation time. A slower pace ensures that beginners can learn at a comfortable, stress-free rhythm.

Participant Information: Who is This Class For?

This beginner's yoga class is suitable for:

- **Complete beginners:** People with no prior experience in yoga who want to explore the basics of physical and mental well-being.
 - **Those seeking stress relief:** Individuals looking for a calm, restorative experience to help reduce stress and anxiety.
 - **People with limited flexibility or mobility:** Gentle modifications make the class accessible to those with physical limitations or beginners looking for a softer approach.
 - **Any age group:** Whether young or old, this class is for anyone ready to begin their yoga journey at a comfortable pace.
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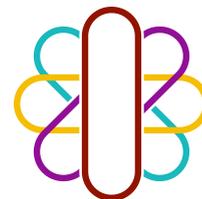
Class Structure

1. Welcome and Setting the Tone

The class begins with a brief welcome. Encourage participants to share why they're interested in yoga, what they hope to achieve, and if they have any specific needs or concerns. This helps create a supportive group dynamic from the start.

- Set a calming atmosphere with gentle background music.
- Provide yoga mats, blocks, and straps to ensure all participants have the necessary props.

2. Introduction to Yoga Philosophy and Benefits



Before beginning physical practice, give a short, simple introduction to what yoga is beyond the physical aspect. Briefly explain the importance of breathing (pranayama) and mindfulness in yoga.

- Benefits include stress reduction, flexibility, improved strength, and emotional balance.
- Emphasize that yoga is a personal journey and not about achieving perfection.

3. Breathing and Grounding

Begin the practice by focusing on breathing techniques (Pranayama) that help participants center their mind and body. Teach them the basics of **deep belly breathing** (Diaphragmatic breathing), which will be useful during the postures.

- Spend about 5–7 minutes guiding them through this breathing practice.
- Encourage them to feel connected with the floor and the present moment.

4. Gentle Warm-Up

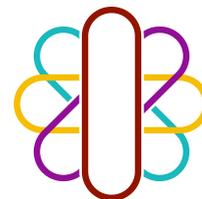
Start with a gentle warm-up to prepare the body for movement, focusing on slow stretches that loosen the joints, spine, and muscles.

- Neck rolls, shoulder shrugs, and gentle seated twists.
- Simple cat-cow stretches to warm up the spine.

Core Sequence: Foundational Yoga Poses

This sequence introduces basic poses, ensuring participants feel supported throughout the process. Each pose should be explained in detail, with modifications offered to accommodate different flexibility and strength levels.

1. Mountain Pose (Tadasana)

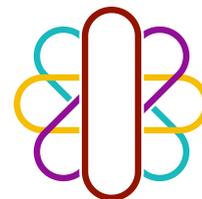


- Begin by grounding participants, helping them connect with their breath, and developing awareness of posture and balance.
 - 2. **Downward-Facing Dog (Adho Mukha Svanasana)**
 - Teach participants how to stretch their hamstrings and shoulders, offering modifications (such as bending the knees).
 - 3. **Warrior I (Virabhadrasana I)**
 - Build strength in the legs and core, while opening up the chest and shoulders. Emphasize balance and alignment.
 - 4. **Child's Pose (Balasana)**
 - A gentle, resting posture to help participants reconnect with their breath and relieve tension in the back and shoulders.
 - 5. **Seated Forward Bend (Paschimottanasana)**
 - A seated stretch that helps lengthen the spine and hamstrings. Teach participants how to fold from the hips to avoid straining the lower back.
 - 6. **Bridge Pose (Setu Bandhasana)**
 - Strengthen the glutes and core while stretching the front of the body. Offer gentle guidance on maintaining a stable posture and protecting the neck.
 - 7. **Savasana (Corpse Pose)**
 - End the practice with 5–10 minutes of deep relaxation. Encourage participants to let go of tension and focus on slow, mindful breathing.
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Cooling Down and Reflection

Guide participants through Savasana to release any residual tension. This is also a great opportunity to encourage reflection on the practice.

- Have participants sit or lie in a comfortable position.
 - Introduce a short meditation or mindfulness practice to help them integrate the physical and mental benefits of the session.
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Closing the act

Before closing, bring the group together for a final round of breathing and reflection. Encourage participants to share how they're feeling after the session and what they took away from the practice.

- Thank participants for joining the class and remind them that yoga is a personal journey.
 - Offer suggestions on how to incorporate simple yoga movements and mindfulness into their daily lives.
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Health and Safety in Yoga

1. **Physical Safety and Adjustments:**

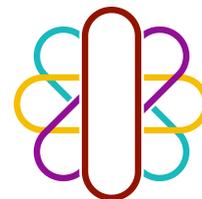
- Encourage participants to listen to their bodies and not push beyond their limits.
- Offer verbal cues for alignment and safety, especially for those new to yoga. Avoid physically adjusting beginners unless they are comfortable with it.

2. **Health Conditions and Injuries:**

- Before the class starts, ask participants if they have any health conditions or injuries. Modify poses as needed to accommodate these needs.
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Props and Materials Needed

- Yoga mats for each participant
- Yoga blocks and straps for flexibility and modifications
- Bolsters or cushions for added support during relaxation
- Clean towels and water for hydration
- Soft background music for ambiance



Provider Preparation and Tips

- **Create a welcoming environment:** Arrive early to set up the space with mats and props. Ensure that lighting and temperature are comfortable for relaxation.
- **Prepare sample sequences:** Have a few sequences prepared based on the participants' needs, especially modifications for those with limited flexibility or strength.
- **Support beginners with positive reinforcement:** Emphasize that yoga is about personal progress, not perfection. Encourage participants to focus on how their bodies feel rather than how the pose looks.

Pricing

- **Suggested Price:** \$15–\$25 per participant
- **Considerations:**

Pricing should reflect the level of individual attention, equipment provided, and overall class experience.

Conclusion

This beginner's yoga class is designed to create a welcoming, supportive space where participants can explore the foundations of yoga. With a focus on breathing, gentle movements, and mindfulness, participants will leave the session feeling more connected to their bodies and calmer in mind. Whether they are seeking relaxation, physical activity, or emotional balance, this class will provide a solid foundation for their yoga journey.