

Community Education

Course Title: R.O.S.S. Chair yoga class

Instructor: Anne McCranie

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Course Description

R.O.S.S. Chair yoga is an accessible practice that adapts traditional yoga poses to be done while sitting in a chair or using it for support while standing. Build strength and improve balance in this gentle, low-impact and fun class! Exercises are done seated in a chair or standing next to it, so this class is good for those who have trouble getting down on the floor. We start with gentle mobility movement to loosen tight joints and muscles, then work on organizing the small muscles in our feet, legs, and core for stability. We use balls and bands to build upper body strength and balance. Each class ends with a stretch followed by a guided meditation. Suitable for beginners or seasoned Yogis.

Learning Outcomes

By the end of this course, students will:

- Improved mind body connection.
 - Improved balance and flexibility.
 - Reduced stress and anxiety.
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Class Evaluation

- Class evaluations are sent by email.
- If you don't see it right away, check your **junk/spam folder**.
- Evaluations are **anonymous** and come directly from Clark College.
- If you don't receive one, contact:
 - Email: continuingeducation@clark.edu
 - Phone: 360-992-2939

Inclement Weather

- If the college closes due to weather, updates will appear at www.clark.edu
- Community Education may also cancel classes independently if travel is unsafe.
- If canceled, you will be notified by both phone and email.
- Please check that your contact information is correct on the class roster.

More Classes

Looking for more Community Education courses? Visit: www.clark.edu/cce/