

# Community Education – Spring Quarter 2026

**Course Title:** Yoga for Beginners

**Instructor:** Lynn Yeager

**Email:** lynn.x.yeager@comcast.net



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## Course Details

**Dates:** Wednesdays, 4/22/2026 to 6/17/2026 (No class 5/6)

**Time:** 9:00am to 10:00am

**Location:** Columbia Tech Center Campus, 18700 SE Mill Plain Blvd., Vancouver.

**Room:** 110

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## Course Description

Join us for a joyful and grounding yoga experience designed to nurture your body, calm your nervous system, and deepen your connection to self. In this class, we ll explore gentle movement, breath-work, and meditation practices that support physical balance and inner peace. Whether you re brand new to yoga or returning to the mat, this class offers a welcoming space for all bodies and backgrounds. Depending on student interest, each class can be adapted to meet participants where they are, physically, mentally, and energetically. Each week anticipants receive a handout of the poses practiced for their personal use. Come as you are, leave feeling refreshed, empowered, and more at home in yourself.

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## Learning Outcomes

By the end of this course, students will:

- Calm the mind and soothe the nervous system
- Build strength, stability, and flexibility
- Explore the path of self-awareness and inner clarity

- Awaken joy through movement and mindfulness
  - Participants leave with practices they can use to align body, mind and spirit in daily life. Learn tailored yoga practices that support their needs. Walk away with practical routine for harmony in daily living.
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## Course Schedule

### **Week 1 -Welcome to Yoga**

- What is Yoga
- Benefits of Yoga
- Practice simple poses

### **Week 2 - Honoring the sun**

- Exploring the sun energy within us
- Cultivating gratitude
- Practice simple poses

### **Week 3 – Inner Strength**

- How Yoga builds strength
- Explore Balance
- Practice simple poses

### **Week 4 – Gentle Path to Deep Stillness**

- Learn about Yin Yoga
- Benefits of Yin
- Practices simple poses

### **Week 5 - Chakras and Mudras**

- Understanding energy wheels and mudras
- Balancing energies

- Practice simple poses

### **Week 6 - Pranayama**

- Explore yogic practice of conscious breathing
- Foundational principles and benefits
- Practice simple poses

### **Week 7 - Restorative**

- Explore a rest and renew
- How yoga impacts nervous system
- Practice simple poses

### **Week 8 - Confidence and Harmony**

- Culmination of learnings
- Practice the poses learned
- Be revitalized with a sense of calmness and self-assurance

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## Resources

Recommended references for further study:

- Yoga: The Practice of Myth and Sacred Geometry by Rama Jyoti Vernon
- Idiot's Guide to Ayurveda by Sahara Ketabi

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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](mailto:continuingeducation@clark.edu)
    - 
    - Phone: 360-992-2939
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## Incident Weather

- If the college closes due to weather, updates will appear at [www.clark.edu](http://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.
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## More Classes

Looking for more Community Education courses? Visit: [www.clark.edu/cce/](http://www.clark.edu/cce/)