

Community Education

Course Title: R.O.S.S. Yoga for stress relief class

Instructor: Anne McCranie

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Course Details

Location: online

Course Description

R.O.S.S. Yoga for stress relief. Want to improve your mind/ body connection? Build muscular strength and balance in this alignment-based strength and flexibility class. We include gentle release work, organization, and strength exercises along with mobility work, and stretching. You will have the most success in this class if you can comfortably get down on the floor (and back up). Suitable for those recovering from injury or returning to exercise. You are encouraged to listen to your body and go at your own pace. Each class ends with a guided meditation. Props often used – a block or book, yoga mat, or padded carpet, strap, or towel, light dumbbells or soup cans, chair for balance.

Learning Outcomes

By the end of this course, students will:

- Improved mind body connection.
 - Geater sense of relaxation.
 - Decreased stress.
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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
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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.
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More Classes

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