

Free Community Yoga

Sponsored by South Peninsula Hospital Community Health & Wellness. **Moving from March into April with FLOW!!**
March is "Meet Your Neighbor Month" in celebration of Mr. Rogers' Birthday, and the SKP Resilience Coalition is encouraging folks to get out and meet your neighbors. What better way than attending some free community yoga!



Dates and Time: Wednesday evenings from 6:00 PM-7:00 PM, March 16th, 23rd & 30th and April 6th

Location: SPARC (South Peninsula Athletic & Recreation Center), 600 Sterling Hwy in Homer

Cost: Free!

What to bring: a Yoga mat, layers, a water bottle, and a cushion or blanket to sit on

Target Audience: YOU! All abilities welcome

Teacher: Anna Raupp

Class Description: *Yoga For Recovering From the Pandemic ~ Return to the Love of Life!*

"The last two years have been tough on everyone. It has brought a great deal of change, uncertainty, disruption, loss and separation of community. As humans we have the remarkable ability to go through adversity and even see its silver lining! For many of us there has been a toll on our wellbeing ~ we feel exhausted. In this 4 week Series of Classes, we will explore some basic techniques of Kundalini Yoga to bring about relief and rejuvenation for the total self; mind, body and spirit. Each one hour class will contain accessible breathing exercises, warm-ups, movement sequences, deep relaxation with the symphonic gong and mindfulness exercises designed to lift that deep fatigue and rekindle joy. Each class will have a theme related to releasing stress, strengthening one's felt sense, and building resilience using kernels of ancient Yogic philosophy as well as current edge scientific theory. The class will be a floor based practice with a combination of sitting and standing poses. There will be some music played as well as a gong session for relaxation.

Please plan to bring your own yoga mat and a cushion to sit on. Accommodations can be made for those who would be better served to perform the practice from a chair. A COVID screening procedure will happen at the door and be required for admission. Participants will be spaced 6' apart and masks are optional (but always encouraged!). The cost is free." ~ Anna Raupp RYT

Teacher Bio: *Anna Raupp, RYT*

Anna Raupp has been practicing and teaching Kundalini Yoga for 16 years. Over years of regular practice and teaching she has seen the ability of Yoga to help herself and others greatly. Anna has taught at the Kenai Peninsula College, Homer High School, Sprout, Fireweed Academy, Many Rivers and for Project GRAD.

As much as our culture has been rapidly changing, the practice of yoga itself is changing too. Anna has passionately built on her foundation of Kundalini Yoga training to include Sat Nam Rasayan (a healing art), Conscious Pregnancy (yoga for pre and post-natal period), Senses of the Soul (working somatically with difficult emotions). As a mother and wife, she is immersed in the work of raising a family and being a part of the community. She believes in cultivating strong connections to Place. Last year in collaboration with and funded by Project GRAD, Anna completed a mindfulness Video Library resource that provides yoga and mindfulness videos and written resources for children in grades K-12th grade and their teachers. Anna is happy to meet new people and organizations who are interested in engaging with these empowering practices. Working with people to achieve wellness and wisdom is a great honor.

Anna's Yoga business is called Kundalini Yoga North and she is currently offering her regular classes on Zoom. Contact her by email at kundaliniyoganorth@gmail.com.

