

## SDHXCS Enrichment Classes (才艺课)

<b>Subject (科目):</b>	<b>Sports</b>		
<b>Course Name (课程名称):</b>	<b>Adult Yoga (家长瑜伽班)</b> 公众号链接		
<b>Teacher Name (教师姓名)</b>	Wu, Shelley (吴晓莲)	<b>Phone</b>	(858) 231 - 0963
		<b>email</b>	info@drwumindbody.com
<b>Teacher's Background (教师简介):</b>	<p>Shelley Wu has a Ph.D. in Psychology from the State University Of New York. She started yoga practice since 1992. She is a nationally certified yoga teacher through Yoga Alliance. She has a San Diego based practice as a mind body therapist and hypnotherapist. She has been teaching yoga classes at YMCA, LA Fitness, Being Fit, Keystone Athletic Center, The North County Chinese School, Huaxia Chinese School, as well as in her own yoga studio. Details at: <a href="http://www.drwumindbody.com">www.drwumindbody.com</a>.</p> <p>Shelley Wu 是纽约州立大学的心理学博士。她从 1992 年开始练习瑜伽练习，是瑜伽联盟的全国认证瑜伽教师，也是圣地亚哥知名的身心治疗师和催眠治疗师。她一直在 YMCA, LA Fitness, Fit Fit, Keystone 运动中心，北郡中文学校，华夏中文学校以及自己的瑜伽工作室教授瑜伽课程。</p>		
<b>Course introduction (课程简述):</b>	<p>Yoga is a mind-body connected exercise. Our classes will concentrate on three aspects: (1) physical yoga practice, (2) correct breathing, and (3) relaxation. The physical postures will exercise every part of the body, stretching and toning the muscles and joints, the spine and entire skeletal system. But they work not only on the frame of the body but also on the internal organs, glands and nerves, keeping all systems in health. Doing the yoga postures, combined with correct breathing, will release tension and stress, enhance energy, refresh the mind, and achieve inner-peace.</p> <p>瑜伽是一种与身心相关的运动。我们的课程将集中在三个方面：（1）瑜伽动作练习，（2）正确的呼吸，和（3）放松。身体姿势将锻炼身体的每个部位，拉伸和调整肌肉和关节，脊柱和整个骨骼系统。但它们不仅在身体的框架上，而且在内部器官，腺体和神经上工作，使所有系统保持健康。做瑜伽姿势，结合正确的呼吸，将释放紧张和压力，增强能量，恢复精神，实现内心的平静。</p>		
<b>Course Objectives (课程目标):</b>	<p>You will become stronger, fitter and healthier, more flexible, more coordinated, and you'll have fun.</p> <p>你将变得更强壮，更健康，更灵活，更有协调，你将获得乐趣。</p>		

<b>Pre-requisite/Student Ages</b> (先决要求/学生年龄要求):	For Parents 成人, 华夏家长 (非华夏家长加收\$100) Please bring a yoga mat. New mats will be available for purchase in class. 请自带瑜伽垫。也可以在课堂上购买新垫子。 For Parents 成人, 华夏家长 (非华夏家长加收\$125)			
<b>Class Dates</b> (课程日期)	Sep 10, 17, 24; Oct 1, 8, 15, 22, 29; Nov 5; Dec 3, 10, 17 Jan 21, 28; Feb 4, 11; Mar 3, 10, 17, 24; Apr 14, 21, 28; May 5			
<b>Class Size (最多招生人数限制):</b>	<b>Min: 5    Max: 25</b>  <b>*** Check payable to: SDHXCS</b>			
<b>Course Fee (报名费 / 学费):</b>	<b>Registration &amp; material fee</b>	\$300 / year for HX Parents	<b>Course Time &amp; Location</b>	Sundays 10:15 Am – 11:10 Am