
RAGLINE KNITS

YOGA CLASSES DESCRIBED

Gentle Yoga - Enjoy a class full of slow movements and resting on bolsters and blocks. We will play with restorative yoga which uses props to support you and fully relax into a yoga posture. No prior yoga experience necessary.

Flow Yoga - The morning classes will have a little bit more movement on the yoga mat. Props like blocks and straps will be used to enhance your practice. Classes are catered to all experience levels and focus on opening up the hips and shoulders which get tight from sitting and knitting.

Seated Yoga For Knitters - Knitting is meditative by nature as it encourages you to focus on the present moment and keep a clear mind. Although knitting is considered low-impact, the repetitive movements can cause injuries over time. Liza Laird has used her yoga expertise to develop a series of simple stretches and mindfulness exercises to prevent these common maladies. All movements can be made while sitting in a chair or while standing and holding onto a chair for support. In this class you will learn meditation techniques, simple yoga stretches, breathing exercises, and mindfulness. Adding these practices to your routine can help you knit for longer.

Guided Meditation - We will explore different styles of meditation from mindfulness to walking meditations. These techniques will help you stay present and focused, Both are important skills which will help with your more complicated knitting! No prior experience or equipment required.

