

News Release: SAIT Recreation



For Immediate Release
August 22, 2011

SAIT Recreation says 'yes' to yoga this fall, starting with Salutation Nation on Sept. 10

CALGARY — For two thousand years and change, yoga has been touted as a method of attaining spiritual insight, tranquility, physical health, mental clarity, and greater enjoyment of life. One thing is for certain . . . Little Thunderbolt, Half Lord of the Fishes, and Downward Facing Dog have never had it so good on the SAIT Polytechnic campus.

A pair of special yoga events will be hosted by SAIT Recreation in September — acting as an informal kickoff to an unprecedented semester of yoga offerings for the general public, as well as SAIT staff and students.

“We used to hold five or six classes a week, but this year we’re going to have about a dozen,” says Deana Lee, a yoga instructor for SAIT Recreation. “Yoga just seems to be more popular all the time. It’s more accessible, there are more variations, and more people hearing about it . . . and SAIT Recreation has made a point of serving the demand.”

The semester begins with a gigantic yoga spectacle — Salutation Nation, part of an international day of yoga sponsored by Lululemon Athletica, on Saturday, Sept. 10 at 9 a.m. on the Cohos Commons field. Led by local yoga ambassadors, with hundreds of participants expected, Salutation Nation is complimentary, open to all, and one of more than 100 concurrent events across North America on Sept. 10 that promise to create a “never-ending om.”

SAIT Recreation will also be hosting a Yoga, Hula Hoop and Tea Evening on Saturday, Sept. 17 in the SAIT Campus Centre gymnasium, starting at 7 p.m. The evening starts with a flowing yoga class, led by Lee, and segues into an energizing hula hoop class led by Celeste White, with hula hoops provided.

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Campus Centre Building, SAIT Polytechnic, 1301 16 Ave. N.W., Calgary
Wellness Centre: 403.284.8027 Info Line: 403.284.8029 Web: www.sait.ca/recreation

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And, starting in mid-September, SAIT Recreation will be offering seven yoga courses — three of which are new — with *asanas* being diligently practiced every night of the week.

Raja Yoga aims for integration of the mind, body, and spirit, with yoga poses, self-awareness, and meditation on the agenda. Yoga for Backs helps participants stretch and strengthen all the muscles that support the entire spine, and learn core breathing exercises and relaxation techniques. Saturday Yoga leaves the work week behind with gentle, restorative poses, meditation, and guided relaxation. Vinyasa Flow Yoga offers a full-body workout, with focus placed on breathing, energy locks, and safe practice techniques.

Yin Yoga, or restorative yoga, emphasizes the hips, thighs, pelvis, and lower spine, restoring joint and muscle flexibility with postures that gently stretch and rehabilitate connective tissues. Yin/Yang Yoga is a more challenging Hatha Yoga class, combining a flowing, cardiovascular workout with a restorative session featuring longer holds.

And then there's Heated Yoga, performed in a studio with the temperature cranked up to about 33 degrees Celsius. "You sweat a little bit more, so you're releasing toxins," says Lee, "and the heat also warms up the joints and the muscles, so you've got a little more mobility and flexibility, and you can move a little deeper into some of the poses."

For more information on SAIT Recreation's yoga offerings mentioned above, please visit <http://sait.ca/recreation> or call 403.284.8734. To register, call 403.284.SAIT (7248), go online, or visit the Student Services office, on the second floor of the Heritage Hall building.

ABOUT SAIT RECREATION: With a cutting-edge Wellness Centre that caters to the public as well as SAIT Polytechnic students and staff, SAIT Recreation is dedicated to active living and helping you maintain and improve your health. Facilities include state-of-the art equipment and cardio room, double-size gym, fitness/dance/martial arts studio, 35-metre salt-water pool, NHL-size ice surface, six squash and two racquetball/wallyball courts, men's and women's steam rooms, and fully stocked pro shop.

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For more information:

Budd Brazier

Manager

SAIT Recreation

Phone: 403.284.8035

E-mail: budd.brazier@sait.ca

www.sait.ca/recreation

T.J. Babey

Recreation Programmer

SAIT Recreation

Phone: 403.284.8734

E-mail: tj.babey@sait.ca

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