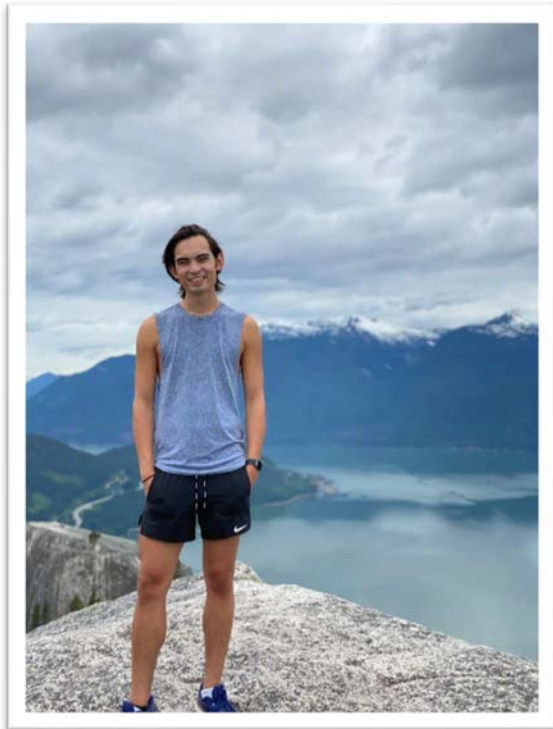




Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital

Summer Yoga Class

Yoga Class with Certified Yoga Instructor Stanley Prescott



Thursday
August 25, 2022
4:30 - 5:30 PM
Gourlay Conference Room
or on ZOOM (link TBD)

Join Stanley for an introductory, all-levels yoga and meditation practice. You can expect a restorative hour of light movement, stretching, and mindfulness exercise (All levels are welcomed).

Dress comfortably, bring a mat, we have blocks and a few spare mats to lend. All levels are welcome.

Fill out the registration form if you are interested:

<https://forms.gle/iSP1sq9qY1fbzLWX9>



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Instructor profile:

Stanley (he/him) graduated in 2020 from UBC with a B.Sc. Biology. He calls the Okanagan home and has always been active, outdoorsy, and balancing too many proverbial plates. After injuring his ankle, he retired from competitive dance and focused on his studies. Stanley struggled with moderate anxiety and fell out of his self-care routine since wrapping up his dance practice. He found yoga and meditation to be a welcoming, inclusive, and modifiable practice to act as a physical and mental wellness practice.

Stanley's professional experience found him working in a rehabilitation centre with first-responders living with PTSD, anxiety, and/or depression. He brought fitness, yoga, and mindfulness practices to support their healing. Stanley now works as a Mental Health Program Coordinator and as the Lead Mindfulness Facilitator for the YMCA. He loves bringing accessible and individualized forms of self-care practice to support multi-faceted healing.

If you have any questions about the class, please feel free to connect with Stanley via [email](#) or [Instagram](#).

Class Description:

Join Stanley for an introductory, all-levels yoga and meditation practice. You can expect a restorative hour of light movement, stretching, and mindfulness exercise. Whether new to all of the aforementioned, intermediate, or advanced, this practice will have modifications and options to get just the right level of challenge.

This practice will require movement getting up from the floor to standing and some light balancing poses. This practice will also require time laying down and seated for periods of 3-5 minutes. Please see below some equipment that may make these movements and sedentary times more accessible



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Equipment:

Yoga mat: if you don't have a mat, you can practice on carpet or a rug (non-slip) to support your movement (**Can borrow from HLI**).

Yoga block: if you don't have a block, a book or textbook of similar size can be a good substitute (hard cover preferred) (**Can borrow from HLI**).

Cushion: (optional): a pillow, cushion, or yoga bolster (circular) can be a great addition to make sitting or kneeling-like positions a bit more accessible. Additionally, you're welcome to sit on a comfy chair for seated meditation in lieu.

Yoga strap: (optional): a belt or soft braided rope can be a good substitute. This is an option for folks looking to add movement options to their practice.

Chair: (optional): a sturdy chair can be kept by one's side to assist with positions that may challenge one's balance or to support getting up and down from the ground.

