

Introduction to Yoga for Seniors with Sherry Smith & Donna Ripley info@hathayogaroom.com
Wednesdays, 10:00- 11:00 in Hatha Yoga Room, 141 Victoria St (2nd floor – Victoria Court)
6 weeks starting on Jan 20, 2010
No maximum

Storm Policy: No classes when schools are closed in Amherst

This course will introduce a series of basic hatha yoga postures, and will be tailored to participants' abilities. The program will be gentle, relaxing, and informative.

Yoga mats are available for use by participants at the Hatha Yoga Room – those having their own mats are welcome to bring them. Participants should wear comfortable clothes.

Instructors Bios:

Sherry Smith is the proprietor of the Hatha Yoga Room and a certified yoga teacher. She completed the 200 hour yoga teacher training program at the Therapeutic Approach Yoga Studio in Halifax. Sherry also holds a registered yoga teacher designation through Yoga Alliance in the United States. Sherry is a certified personal trainer, a Reiki master, and a practitioner of Thai Yoga massage.

Donna Ripley is an instructor at the Hatha Yoga Room and a certified yoga teacher. She has completed the 200 hour yoga teacher training program at Atlantic Yoga Teacher Training in Halifax. Donna has also trained in chair yoga, and has participated in workshops at the Therapeutic Approach Yoga Studio in Halifax

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tsccordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place.

Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!