

Gentle Yoga with Annette Munro **No email address. To get a message to the Instructor email the Coordinator at tsccordinator@nbnet.nb.ca**

Thursdays, 10:00-11:30 in Wesley Memorial United Church, Trites Room

6 weeks starting on April 22, 2010

No maximum

Storm Policy: No classes when schools are closed in Moncton

Slow paced Yoga and Slow Stretching with Relaxation.

Students should wear loose, comfortable clothing.

Students are to supply their own mats. Mats can be purchased for approximately \$20.00 at Winners.

Instructor Bio:

Annette has taught Yoga and fitness for 40 years

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!