



Tantramar Seniors' College

Course Outline, Fall, 2010

Gentle Stretching to Improve Flexibility

Instructors: Sherry Smith and Donna Ripley

This course will be comprised of 6 forty- minute sessions. It will introduce participants to basic stretches and exercises designed to enhance flexibility. Improved flexibility extends the range of movement of our joints so that we can perform everyday activities with minimal effort and maximum effect. These stretches are designed to help improve movement, coordination, posture, and balance. They may also assist in relieving lower back pain and releasing muscle stress and tension. Participants should wear comfortable clothing in order to stretch. Those having their own exercise or yoga mats are welcome to bring them.

Classes will be held on Wednesday mornings from 10:30 to 11:10 a.m. at the Hatha Yoga Room, 14 Victoria Street (second floor), Amherst. The first class will be on Wednesday, October 13.

The Instructors are Sherry Smith and Donna Ripley. E-mail: info@hathayogaroom.com .

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. She 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, Hfx.

Storm Policy: No classes when schools are closed in Amherst

Scent-Free: Some people are very sensitive to perfume and other scents. Please respect a scent-free environment by not using scented products. Thank you.

Attendance/Absenteeism: Our instructors are volunteers who work very hard putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend classes as most instructors plan for the number of students registered 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 e-mail the coordinator at tsccordinator@nbnet.nb.ca or call her at 506-364-2780. Many courses have a wait list and this could allow someone else to take your place.