



Tantramar Seniors' College: Course Outline

Gentle Yoga with Meditation for Seniors

Instructors: Sherry Smith and Donna Ripley

Winter, 2010

This course will be comprised of 6 sessions to introduce participants to very gentle yoga stretches. It will be a quiet practice of yoga stretches and meditation. Participants are encouraged to wear light, stretchable, comfortable clothing. Yoga mats will be available for use by participants – those having their own mats are welcome to bring them.

Classes will be held on **Wednesday mornings from 10:30 to 11:15** at the **Hatha Yoga Room**, 14 Victoria Street (second floor), Amherst. **The first class will be on January 19, 2011.**

Instructors: 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.