

Tantramar Seniors College: Course Outline

Gentle Yoga and Meditation for Seniors

Instructors: Donna Ripley and Sherry Smith

Fall, 2011

This course will be comprised of **4 sessions** to introduce participants to:

- a) gentle yoga stretches designed to enhance mobility and flexibility; and,
- b) meditation with breathing exercises to bring calmness, clarity, and relaxation to the body.

Classes will be held on **Wednesday mornings from 10:00 to 11:00 a.m. at the Hatha Yoga Room, 14 Victoria St. (second floor), Amherst. The first class will be held on Wednesday, October 12.** Participants are encouraged to wear light, stretchable, comfortable clothing. Yoga mats will be available for use at the Hatha Yoga Studio; those having their own mats are welcome to bring them.

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

Sherry Smith is the owner of the Hatha Yoga Room and a certified yoga teacher. Sherry completed the 200-hour teacher training program at Therapeutic Approach Yoga Studio in Halifax, and continues her education by participating in numerous workshops and training sessions. She is a certified Personal Trainer, a Reiki Master, and a practitioner of Thai Yoga Massage and Ayurvedic Thai Yoga Massage.

Donna Ripley is a certified yoga teacher and an instructor at the Hatha Yoga Room. Donna completed the 200-hour yoga teacher training program at Atlantic Yoga Teacher Training in Halifax. She also has training in Chair Yoga.

Storm Policy: No classes when schools are closed in Amherst

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

Attendance/Absenteeism: TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered in the course. If circumstances change between registration and the first class, or if you decide to withdraw from the class, please e-mail the TSC coordinator at tsccordinator@nbnet.nb.ca, or call 506-364-2780. Many courses have a wait list and someone else may be able to take your place. Thank you.