

**Hatha Yoga and Meditation with Sherry Smith and Donna Ripley** [info@hathayogaroom.com](mailto:info@hathayogaroom.com)  
**Mondays, 10:00-11:00am in Sackville United Church**  
**4 weeks starting on Oct 17, 2011**

Maximum 20

**Storm Policy: No classes when schools are closed in Sackville**

Hatha yoga to relax your body, to improve your flexibility and meditation to relax your mind and to improve mental clarity.

NOTE: Each student is to bring their own mat and blanket.

**Instructor Bio:**

**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](mailto: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.

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**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](mailto: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!**