

Tantramar Seniors' College: Fall, 2018

Title: Chair Yoga

Brief Course Description: Chair Yoga is a gentle form of Yoga in which most poses are modified and done either from a seated position or using a chair for support. It is a low impact health maintenance exercise program that develops and/or maintains the body's circulation, flexibility and strength. Chair Yoga shatters the myth that 'yoga is only for the young and fit'. Chair Yoga can enhance fitness and life quality at any age and fitness level. Course participants are encouraged to wear light stretchable clothing and comfortable shoes.

Course Time/Location/Start Date

The course will meet at the Nova Scotia Community College, Amherst on Friday mornings from 10:00 to 11:00 a.m. There will be 4 sessions, with the first session on Friday, October 5 followed by sessions on October 12, 19, and 26th.

Instructors: Joan Beswick & Carol Oram (e-mail: jfbeswick@yahoo.ca carolgoram@hotmail.com)

Course-Related Bio of Instructors: Carol and Joan are both retired educators with long involvement with Tantramar Seniors' College. They are both certified Yoga Teachers who have taken additional training in 'Yoga for Older Bodies', 'Restorative Yoga', 'Yin Yoga', and 'Chair

Remember to Check Your Email Before Each New Course Begins and During the Course. You will receive an email if: **a)** the course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course; **b)** during the course if the instructor gives notice that he/she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without email, by phone, so please make sure TSC has your correct phone number and/or email.

Storm Policy. TSC courses are automatically cancelled at any location where schools have been cancelled due to severe weather conditions. Instructors will discuss a way to make up the missed class with students at the next available scheduled class. It is your responsibility to look into school closures in any region in which you are taking a course.

In Moncton/Sackville/Shediac call the **Anglophone East Storm Line 506-856-7669**. In **Amherst**, call **1-800-770-008 or 1-902-897-8900**. School closures are announced on the radio at 6am and posted on school districts' websites, links to which are found on the TSC website homepage. **The website for Amherst courses is Chignecto-Central Regional School Board – ccrsb.ca**

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 tscordinator@gmail.com or call 506-364-2780. Many courses have a wait list and someone else may be able to take your place. Once the class has started advise the instructor directly if you are unable to attend a session.

Classroom Compartment. Active class participation is welcomed and encouraged by TSC. We request that class members remain mindful of the level of comfort of their fellow students and the volunteer instructors as they participate in discussion.