

Tantramar Seniors' College - Amherst: Fall, 2018

Title: Somatic Yoga for Muscular Pain Relief

Brief Course Description: This course will blend body-mind integration with Hatha Yoga. Each session will consist of a series of slow, gentle, and easy movements that will help ease the cause of most chronic muscular pain. These gentle movement patterns help the central nervous system to create new muscular habits which can alleviate chronic muscular spasms and pain caused by overuse patterns.

Course Time, Location and Start Date: The course will meet at the Hatha Yoga Room, 10 Lawrence Street, Amherst (2nd floor), on Wednesdays from 10:00 to 11:00 a.m. The first class will be on October 3, followed by classes on October 10, 17, and 24th.

Instructor(s): Sherry Smith (E-mail: shantisohum@eastlink.ca)

Course Liaison: Joan Beswick

Participants: Somatic movements are done lying on a yoga mat. Participants are encouraged to wear comfortable clothing that is easy to move in, and to bring a yoga mat if they have one.

Course-Related Bio of Instructor(s): Sherry Smith is a certified yoga teacher who completed the 200-hour teacher training program at Therapeutic Approach Yoga Studio in Halifax. She 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.

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 Comportment. 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.