

Chair Yoga Flow for Balance and Flexibility



Instructor: Jane McKnight

Date/ Time: Fridays 10:30am-11:15am

Session Dates: October 6, 13, 20, 27(4 sessions)

Location: Crossman Centre

Participants: Minimum 8, Maximum 20

Course Outline: Yoga class using a chair as a prop. Some poses are done on the chair, others around the chair. Class will incorporate, stretching and balance and can be done by everyone.

Instructor Bio: I was the Group Fitness Director at the Moncton YMCA for 18 years teaching many classes and looking after the creation and maintenance of the fitness schedule and supervising the group fitness instructors. I am a YMCA trainer qualified to evaluate fitness classes. I teach many different types of classes and have taught yoga for 20 years. I am currently semi-retired from the YMCA.

Remember to check your email before each new course begins and during the course. You will be contacted by email if:

- a) The course is cancelled or delayed unexpectedly or there is a change in the time of venue of the course.
- b) During the course if the instructor gives notice that he or she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without email by phone, so please ensure the TSC has your correct phone # as well.

Absence/ 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 for the course. If circumstances change for you between registration and the first class, or if you decide to withdraw from the class, please email the TSC coordinator at tscordinator@gmail.com. You can also call 506-364-2780 to let us know. Many courses have a wait list and someone else may be able to take your place. Once the class has started please advise the instructor if you are unable to attend a session.

Classroom comportment - Active class participation is encouraged by the TSC. We request that class members are mindful and respectful of the level of comfort of their fellow students and the volunteer instructors as they participate in the discussions.

