

Gentle Yin & Yoga Nidra



Instructor: Joan Beswick

Date/ Time: Wednesdays 10am-11am

Session Dates: Nov 1, 8 (2 sessions)

Location: Hatha Yoga Room, Amherst

Participants: Minimum 3, Maximum 6

Course Outline:

In the Yin Yoga practice, participants will come into several gentle Yin Yoga poses at a level appropriate for them and hold those poses for a few minutes while focusing on the breath. The Yin practice will be followed by Yoga Nidra, a form of guided mind-body meditation centered on deep rest and relaxation. Participants will lie back on their mats, follow the instructor's voice as they are led through steps to clear the mind and focus consciousness on different parts of the body. All that is required is a willingness to let go, rest, and be guided by the instructor's voice.

Instructor Bio:

Joan Beswick is a retired educator and researcher who has been affiliated with TSC for many years. She is currently a member of the Amherst Regional Team and regularly offers classes on a variety of topics. She teaches Chair Yoga, and holds additional certifications in Hatha Yoga, Yin Yoga, and Yoga Nidra.

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.