

Gentle Yoga with Sherry Smith



Instructor: Sherry Smith

Date/ Time: Wednesdays 10am-11am

Session Dates: Oct 4, 11, 18 (3 sessions)

Location: Hatha Yoga Room, Amherst

Participants: Minimum 3, Maximum 12

Course Outline:

This 3 session course will focus on gentle stretching to enhance mobility and flexibility. Breathing exercises and meditation will be included to bring calmness, clarity and relaxation to the mind and body. Participants are encouraged to wear comfortable clothing so they can move freely without restriction.

Instructor Bio:

Sherry Smith is a certified yoga teacher. She completed the 200 hour teacher training program at Therapeutic Approach Yoga Studio in Halifax, and 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 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 tsccordinator@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.