

Urban Pole Walking and Yoga



Instructor: Jean Short

Date/ Time: Mondays 2pm-4pm

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

Location: Multipurpose Centre, Shediac

Participants: Minimum 4, Maximum 12

Course Outline:

Nordic Pole Walking is a low-impact, whole-body workout that originated in Finland and can be performed at different intensity levels. It incorporates the use of specially designed poles that you work in opposition to your legs — that is, your left arm and right foot work in tandem, and your right arm and left foot. The poles' planting and push-off help boost you along, and the system is especially helpful when walking up or down hills.

Chair yoga increases flexibility, strength and body awareness. When standing poses are included in a Chair yoga class, the chair is used to help with and improve balance. Chair yoga may also include breathing techniques and meditation to promote focus, mental clarity and relaxation.

Instructor Bio:

Jean is a certified Kirpalu Yoga teacher and trained as an Urban Pole Walking instructor.

****Please note, participants are asked to bring walking shoes, however the poles will be provided.**

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 if there is a change in the time or 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.