

Walk with Breath and Motion



Instructor: Denise Allan

Date/ Time: Fridays 9:30am-10:30am

Session Dates: Sept 15, 22, and 29 (3 sessions)

Location: start at Pharmasave parking lot

Participants: Minimum 3, Maximum 12

Course Outline:

In this three session course, participants will meet at the Pharmasave Parking Lot, Amherst, and will then engage in 45-60 minutes of mindful walking interspersed with some yoga movement and breath work.

Instructor Bio:

The instructor, Denise Allan, is an active retiree, a participant in many TSC programs, and a Hatha Yoga instructor.

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 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.