

Yoga on and off the Chair



Instructor: Monika Böhringer

Date/ Time: Wednesdays 10aam-11am

Session Dates: Sept 20, 27, Oct 4, 11 (4 sessions)

Location: St Paul's Church Hall, Main St., Sackville

Participants: Minimum 6, Maximum 20

Course Outline:

This is a gentle yoga class for people with all kinds of abilities. Many yoga poses will be offered for the chair, but those who wish can do them off the chair. We will mainly work on strength and balance. Please bring your yoga mat and a firm blanket. Also bring two blocks if you have them. Chairs are provided.

Instructor Bio:

Monika is a registered yoga teacher (Yoga Alliance) and a certified yoga therapist (Kripalu).

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.