

# Gentle Yoga

**Instructor:** Denise Allan, [allandenise@hotmail.com](mailto:allandenise@hotmail.com) , 902-667-8491

**Date/Time:** Thursdays, Feb. 29; March 7 & 14 10:45 to 11:45am

**First class:** Thursday, Feb. 29 (3 Session/s)

**Location:** Hatha Yoga Room, 13 West Pleasant St., Amherst

**Participants:** Min: 3; Max: 12

**Course Outline:** This course will focus on gentle stretching to enhance mobility and flexibility. Participants are encouraged to wear comfortable clothing so they can move freely without restriction.

**Instructor Bio:** Denise Allan is a Hatha Yoga instructor who has taught for many years at the Hatha Yoga Room, Amherst. Denise is an active retiree, a participant in many TSC programs, and a volunteer with the Cumberland County Museum.

**Remember to Check Your E-Mail Before Each New Course Begins and During the Course.** You will receive an e-mail 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/she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without e-mail by phone, so please make sure TSC has your correct phone number and e-mail.

**Attendance/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 in the course. If circumstances change between registration and the first class, or if you decide to withdraw from the class, please e-mail the TSC coordinator at [tscordinator@gmail.com](mailto:tscordinator@gmail.com) or call 506-364-2780. Many courses have a wait list and someone else may be able to take your place. Once the class has started advise the instructor directly if you are unable to attend a session.

**Classroom Comportment.** Active class participation is welcomed and encouraged by TSC. We request that class members remain mindful of the level of comfort of their fellow students and the volunteer instructors as they participate in discussion.