

The practice of yoga is a long-standing tradition. Yoga is an incredibly accessible activity that can be adapted to anyone's abilities. It involves relaxation techniques, gentle stretches, as well as more intense movements and poses. The practice of yoga can help to control and calm emotions, remove anxieties and can allow a person to feel a greater sense of focus, control, and increase self-esteem. Much joy and satisfaction alone comes from being able to move around in a space, to exert and push yourself to your limits and beyond your expectations.

*Participants must have access to a computer to join this activity. Links/invitations will be sent out by the animator, on a weekly basis, and by a specific day before the scheduled activity.

THE OBJECTIVES OF THE YOGA GROUP:

- To help participants develop a level of awareness of their physical abilities.
- To develop and practice relaxation techniques and various yoga poses.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE YOGA GROUP:

- Participants will be 18 or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are completely filled out before the start date of the program and that animators are made aware of any changes promptly.

SCHEDULE:

- The Yoga group will begin on Tuesday, February 2, 2021, for 20 weeks, until Tuesday, June 22, 2021. The group will run from 6-7 pm.
- This group will need a minimum of 5 participants and a maximum of 10.
- There will be no groups on the following days:
 - March 27 and 28 – Passover
 - April 2, 3, 4 and 5 – Easter
 - May 22, 23, and 24 – Victoria Day

POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 20, 2021.
- Groups may be cancelled due to insufficient registrants.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION:

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