



Leisure Program

Yoga Group

**WINTER-SPRING
2020**

CentreGold<sup>MC
TM</sup>

YOGA GROUP

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

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, and more intense movements and poses. The practice of yoga can help to control and calm emotions, remove anxieties and, when it becomes a regular part of a routine, can allow a person to feel a greater sense of focus, control, and can even 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.

This group will offer a chance for participants to try out a variety of yoga poses, relaxation techniques, and various breathing exercises. The purpose is to encourage participants in their physical expression as well as to help them learn relaxation techniques and develop a range of yoga poses. Travel to and from the Gold Centre will be organized by the home or case managers, or by the participant, if possible.

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 practice the skills of cooperation and collaboration with other group members
- To develop inter-dependent friendships with the other members of the group
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATION IN THE YOGA GROUP:

- Participants will be 18 or older
- Participants must be able to interact effectively with the other group members and with the animator and volunteers of the group
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must be able to participate in a group with a ratio of 1 animator to 10 participants

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.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers if and when needed.

SCHEDULE AND FEES:

- The Yoga group will begin on Tuesday, January 28, 2020 and run for 22 weeks until Tuesday, June 16, 2020.
- The group will meet in the gym of the Gold Centre, 5331 Ferrier, from 6:00 to 7:00 pm.
- The cost of participation is \$20.00.
- This group will need a minimum of 5 participants and a maximum of 10.

INFORMATION AND REGISTRATION:

Nina Chepurniy
514 345 8330 ext. 203
info@goldlearningcentre.com

POLICIES:

Registration forms and payment in full must be submitted before the deadline or participants will not be allowed to join. **The deadline is January 15, 2020.**

Payment must be made either in cash or with a cheque; credit card payments will no longer be accepted.

Groups may be cancelled due to insufficient registrants.

Participants must carry photo ID with them at all times.

There will be no groups on the following days:

April 8 and 9 – Passover
April 10, 11, 12, and 13 – Easter
May 16, 17 and 18 – Victoria Day