



Spring 2025 Vinyasa Style Yoga & Senior/Chair Yoga in Arisaig

With Jerome Stewart



Where: Arisaig Parish Community Center (5548 Hwy 245 ,Arisaig)

The Arisaig Parish Community Center is hosting the Spring 2025 Chair Yoga and Vinyasa Flow Yoga Program on Sunday Evening's with Jerome Stewart **starting May 25th, 2025** for 4 weeks.

The following is the schedule for the Spring yoga sessions:

May 25th

June 1st, 8th, 15th

Senior/Chair Yoga (6:00—7:00 pm)

Vinyasa Flow Yoga (7:15—8:15 pm)

This program is supported by Mental Health Foundation of Nova Scotia and Aging Well Nova Scotia. The cost for the 4-week yoga session is \$20. To register for the Spring Sunday Evening Yoga, please email Ian at arisaigpccenter@gmail.com .

Instructor: Jerome Stewart – Jerome is a certified instructor in 200 hour Vinyasa Flow through Breathing Space Yoga in Halifax. He has additional courses, conferences and workshops in Yin style yoga, senior yoga, chair yoga, mindfulness and trauma informed practice. Jerome will be focusing his classes on teaching first time yogi's (that's you)! These classes are both designed to stretch out muscles that may be tight from activity or inactivity and great for injury prevention as well.

Materials suggested for both classes include a yoga mat, strap and block. We will use the chairs at the hall in the first class. (An old t-shirt or belt can be used for a strap).

