

## About Us



Offers a full range of services designed to assist individuals in achieving their wellness goals.

Innovative Wellness inspires positive results by having fun, applying sound knowledge and research into their programs.



### Emmanuel United Church, Waterloo, Ontario

Located in the heart of Uptown Waterloo, Emmanuel United Church is an inclusive multi-generational faith family. As a centre of community, Emmanuel shares its space with other faith groups, a preschool, an ESL school, a music school, exercise classes and various other groups. Living out its mission Emmanuel also hosts **The Waterloo Wayside Centre**, supporting the community with programs that include a weekday drop-in centre and a clothing exchange.



### Program Details:

**When:** Wednesdays, 10:30AM-11:30AM  
followed by time for refreshments

**First Class:** Wednesday, September 9<sup>th</sup>

**Last Class:** Wednesday, December 23<sup>rd</sup>

**Where:** Emmanuel United Church  
22 Bridgeport Road West  
Waterloo, ON N2L 2Y3

### For Information OR To Register:

Please contact Ilona Gormley at:  
Telephone: (519) 886-1471  
Email: [info@emmanueluc.ca](mailto:info@emmanueluc.ca)



# FREE Yoga For Seniors



## 16-Week Chair Yoga Program

**Wednesdays**

**10:30AM – 11:30AM**

Emmanuel United Church,  
Waterloo

**Starting Wednesday,  
September 9<sup>th</sup>, 2015**

**Drop In OR Sign-up  
For Entire Program!**

This Program is available to Seniors in the KW Community Free of Charge thanks to the generous support of:

**The Waterloo Wayside Centre**

## What is Chair Yoga?

Chair yoga is yoga using a chair.



It is ideal for anyone who finds it challenging to get down onto the floor to a yoga mat or where there just is no space for yoga mats.

Chair yoga still allows the participant to enjoy all same great benefits of yoga - relaxing, rejuvenating and re-energizing through various yoga poses that allow you to stretch, and strengthen. As with all yoga classes chair yoga will help people develop more self awareness, self regulation and self care.

Don't be fooled thinking Chair yoga is easier. It is not; chair yoga is a great core muscle strengthener and is more challenging than some gentle and restorative floor yoga classes.

The chair can also be used as a stabilizer for some standing poses. Standing poses help build strength in the legs and helps to improve balance to prevent fall.

## Who Can Do Chair Yoga?

Anyone who can sit effortlessly in a chair.

## The Benefits of Chair Yoga Classes

Chair Yoga classes offer many benefits to seniors including:

- improved balance, strength, flexibility and breathing
- greater self-awareness
- helps prevent fall-related injuries
- relaxing, rejuvenating and re-energizing
- healthy and natural weight loss through raised metabolic rate
- improved bone health by gently stressing bones to promote bone tissue growth
- friendly social setting for meeting and connecting with other seniors



## Building Friendships and Creating Community

This yoga program fosters friendships and community through the check-in at the beginning of each session as well as a social time for refreshments after each class.

## Program Support

The cost to run this program is approximately \$8.00 per person per session but is offered free of charge through the generous support of the Waterloo Wayside Centre. To support this program and similar ones in the future, please consider making a donation to the centre.

## Program Leader

This Seniors Chair Yoga Program is being led by **Jayne Hembruff**, BSc, YNC-R. Jayne is a certified and registered yoga instructor who has completed the VON Canada SMART (Seniors' Maintaining Active Roles Together) program and a member of the UW and Osteoporosis Canada Information Sharing Project regarding the new bone fit recommendations.



Participants from the Fall 2014 Seniors Chair Yoga wrote:

*Jayne is a very personable, knowledgeable, friendly, caring, approachable, enthusiastic instructor with a good sense of humour. Her teaching style is easy to follow with straight forward instructions, explaining the benefits of each pose and breath. She emphasizes that we are not competing with anyone else, and to stay within our own safe range. Jayne creates a peaceful and quiet class atmosphere.*