

## Registration

Please complete the following and return it with payment to confirm your registration or call (204) 477-8555.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_  
(day) \_\_\_\_\_ (month) \_\_\_\_\_ (year) \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: (H) \_\_\_\_\_

(Cell) \_\_\_\_\_

## Method of Payment:

Cash  Cheque  VISA / MC

VISA/MC# \_\_\_\_\_

Expires: \_\_\_\_\_

## Registration Deadlines:

September 12th, 2019

November 7th, 2019

January 9th, 2020

You must have a signed certificate from a Physician or Nurse Practitioner stating that engaging in chair yoga is not dangerous to your health. A one-line note can be faxed to (204) 487-4248. If you are unable to contact your Physician, we can do so once we receive consent to exchange information with your Physician.

## MIND MATTERS CLINIC

### Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers, Speech-Language Pathologists and Art Therapists who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

#### Also available on premises:

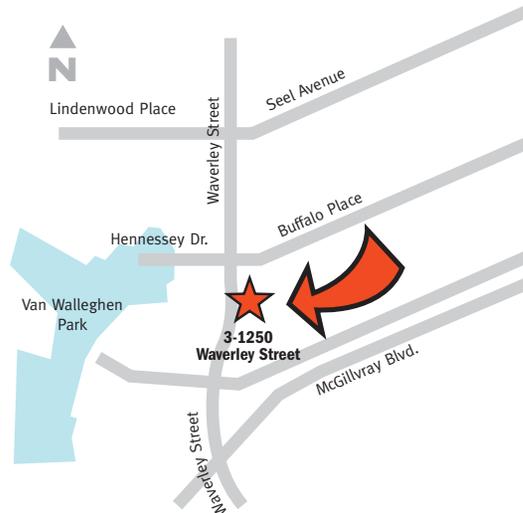
Speech and Language Therapy Art Therapy

**3-1250 Waverley Street  
Winnipeg, Manitoba  
R3T 6C6**

**Phone: (204) 477-8555**

**Fax: (204) 487-4248**

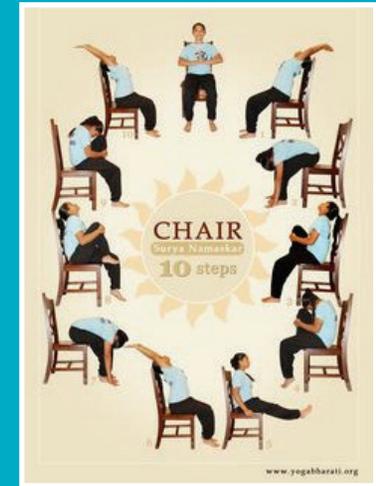
[www.mindmattersclinic.ca](http://www.mindmattersclinic.ca)



Dr. Cathy Moser & Dr. Jay Greenfeld,  
Registered Psychologists

**3-1250 Waverley Street  
Tel: 204-477-8555**

## Chair Yoga for Women and Men that Struggle With Weight-Related Mobility Issues



A Relatively Painless Way to Begin the Journey Toward Healthier Living



**Are you stuck in a seemingly hopeless cycle of trying to get into better physical condition and winding up injuring yourself when you start an exercise routine?**

**Do you have restrictions in mobility due to your weight or health?**

**Are you embarrassed to exercise in public?**

**Do you attend to others' needs and wind up exhausted by the time it is time for you to pay attention to your own physical and mental health?**



- If any of the above describe you, Chair Yoga is an excellent way to kickstart your journey to better self-care and healthier physical and emotional well-being. Chair yoga can be done easily in the privacy of your home once it is learned properly and practiced regularly. You do not have to hire a babysitter or clear an hour of your schedule to do it; and, you don't have to purchase anything or make room in your home for some clunky piece of exercise equipment that will wind up gathering dust!

- Once you learn the poses, you can dedicate a daily practice at home – the results depend on your investment. If you are able to dedicate the time and energy to practice chair yoga regularly (several times a week minimally; optimally at least once a day), you will experience the benefits of: improved flexibility; increased strength; and, the potential for a calorie burn.
- Best advantage - there is absolutely no need to 'experience pain to receive gain'. And, with improved flexibility over time, you will be able to perform more challenging physical exercises without the pain that you may currently feel.

**Sessions will be facilitated by both a Yoga Instructor and a Psychologist. The Psychologist will help participants learn how to accept that their physical health is a priority. More importantly, you will learn how to access your inner desire to be healthier, more mobile, and to lead the active lifestyle that you long for.**

## **TIMES and DATES**

### **SESSION #1:**

Thursdays – September 19, 26,  
October 3, 10, 17, & 24th, 2019

### **SESSION #2:**

Thursdays – November 14, 21, 28,  
December 5, 12 & 19th, 2019

### **SESSION #3:**

Thursdays – January 16, 23, 30,  
February 6, 13, & 20th, 2020

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### **TIMES FOR ALL SESSIONS:**

8:00 p.m. – 9:15 p.m.

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### **COST:**

\$660.00 (some of the costs may be covered by  
Extended Health Care Benefits for Psychology).

### **LOCATION:**

In the privacy of a group room at Mind Matters  
Clinic – after regular office hours.

Individuals with extended Health Care  
benefits may be eligible for coverage.  
Check your benefits to determine  
whether you are covered by a  
“Registered Clinical Psychologist.”

Call us to determine how your coverage  
can be applied to the fees.