

CHAIR YOGA



Join Marty Zurn, Kripalu RYT 500

Tuesdays, 4 week series: \$35

September 2nd—September 23rd

11:00—12:00

Thursdays, 4 week series: \$35

September 4th—September 25th

2:30—3:30

Looking to stretch, strengthen and restore balance in your body? Chair yoga is an adaptive yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practiced by anyone who wants to enjoy the benefits of yoga, and may (or may not) have mobility limitations. Chair yoga is an accessible, inclusive way for yogis to experience the benefits of yoga, without stressing joints, worrying about balance, or supporting body weight.

Advanced registration is required.

For more information and to sign up, please call Marty at 508-326-4224 or martyzurn@comcast.net

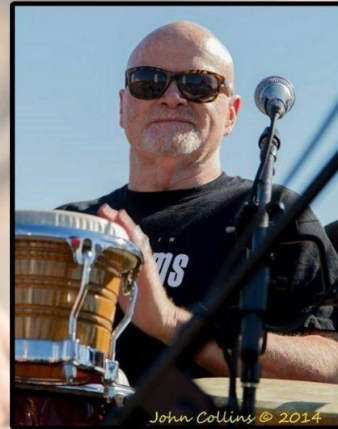
Brewster Council on Aging • 1673 Main Street

DRUMMING FOR FUN AND WELLNESS



Sponsored by the Brewster Council on Aging

Join Sam Holmstock for this special drumming class. Sam is co-founder of the band ENTRAIN and has played with such notable musicians as Bo Diddly, Gil Scott-Heron, and James Taylor to name a few. A Berklee graduate, he is currently on the faculty of the Cotuit Center for the Arts and brings therapeutic drumming to many neurodiverse communities on Cape Cod.



Group drumming is an ancient practice for stress reduction, self-expression and community building. It is supported by ample scientific data to mitigate the symptoms of PTSD, stress and depression. This program gives participants a physical and emotional outlet for healing. It's a great adjunct to conventional therapies.

For Brewster residents only!

6 week class

September 19 - October 24

1:00 - 2:00

Art Center - Sea Camps

3057 Main Street

\$30

A drum circle is exactly what it sounds like—individuals coming together to tap, hit, shake, or strike various drums to establish a rhythmic beat. Often there is a call and respond element to it. Beyond fostering self-expression, these vibrant rhythms are recognized for their ability to alleviate stress and rejuvenate participants.

Drums will be provided and no prior experience is necessary. Participants will learn the basic hand positions and explore unique sound rhythms. There's a RIGHT way to play the drums and an even RIGHTER way, you simply can't go wrong!



To sign up for this exciting class, please contact the COA at 508-896-2737



Storm Preparedness

Monday

September 23rd

2:30 - 3:30

Brewster COA

Having the essential knowledge and preparing for severe weather is crucial for safety and minimizing damage. Join Scott Romer, Fire Prevention Officer of the Brewster Fire Department to learn how to safeguard your family and property during severe weather events.

To sign up for this important presentation, please call the COA at 508-896-2737.

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SOUND BATH

at the Brewster Council on Aging

September 26

3:00 - 4:00

Free

Come bathe in the healing vibrations arising from the magical tones of crystal bowls, gong, and voice. Carol Marcy will introduce you to an experience that is immensely relaxing and renewing, as well as teach you how to bring healing energy to your own body, mind, and spirit. The program will begin with a nature based guided meditation to help you settle into an inner focus of peacefulness. Please dress warmly and be prepared to lie down on the floor or sit in a chair. You may want to bring pillows, blankets, or a yoga mat to be comfortable for about 40 minutes.

To register, please call the COA at 508-896-2737

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