

## **Chair Yoga Online - 12 Weeks Session**

**Starting on Wednesday Nov 10, 2021 - 10 to 11 AM EST**

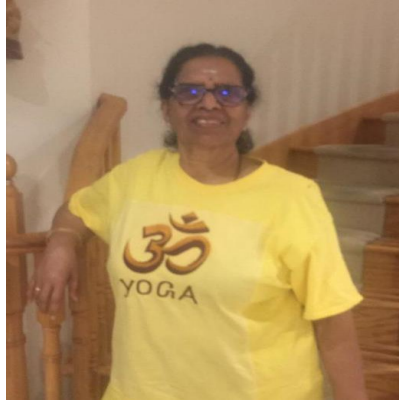


**Sumi Ignatius - Yoga Teacher**

**Sumi Ignatius is a certified therapeutic yoga teacher registered with the yoga alliance of Canada.**

**Passionate yoga teacher with over 10+ years of professional experience in designing and leading flow, chair and Hatha yoga classes. In June 2010, completed an Advanced 300-Hour Yoga Teacher Training, and acquired an in-depth knowledge about postures, breathing techniques, and spiritual elements of yoga teaching.**

**Sumi believes yoga should be non-competitive, rooted in mindfulness, and inclusive of all bodies, ages, and abilities.**



### **Sucila Rajadurai - Yoga Teacher**

I got my Yoga teacher certification in 2010. I did the Sivananda Yoga Teachers training program in Kerela. Upon returning back to Canada. I started teaching at the Richmond Hill Temple for Seniors. Soon after, I was also requested to run the classes for the kids at the Sathya Sai School (Warden/Ellesmere). I am very passionate about Yoga and take every opportunity to learn and advance my skills and knowledge. I also did the Isha Yoga Shambavi Training in 2016.

Over the past 18 months through the pandemic, I felt really privileged to help so many people through Yoga conducting classes for Richmond Hill Indian Seniors Group, Toronto East Sathya Sai Center and Sri Lankan Seniors Group Richmond Hill. With a focus on Seniors, in my classes I often modify mat yoga instructions to chair yoga as well.

Add our whatsapp # 647 853 4419 to your contacts for future communications.  
If you have any questions, please mail to [info@handicareintl.org](mailto:info@handicareintl.org)