



# Adapted Yoga

**For people with physical disabilities**

This program provides an opportunity for adults and youth to explore yoga in a non-competitive and supportive environment.



**July 5th - September 6th**

**(Tuesdays)**

**5:00pm – 6:00pm**

Park Room

Christchurch Cathedral

690 Burrard St, Vancouver, BC V6C 2L1



This is a **free** inclusive program. Drop-ins, parents and caregivers are welcome!

**To Register or Inquire:**

**Call: 1-800-663-0004**

**Email: [admin@bccerebralpalsy.com](mailto:admin@bccerebralpalsy.com)**