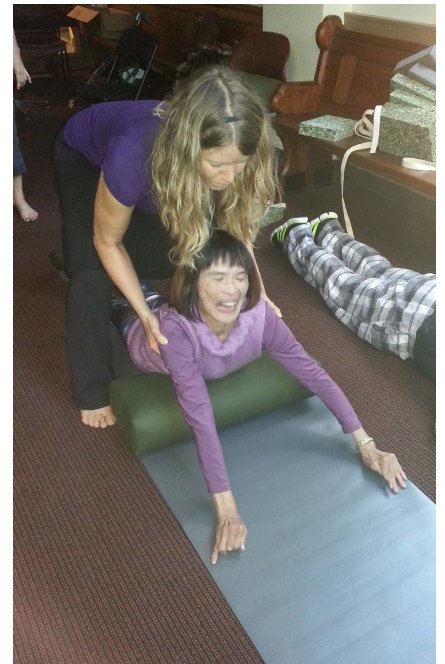


Free Adapted Yoga for People with Physical Disabilities

Yoga Therapy offers gentle movements designed to assist with healing the body and mind. Our program provides youth and adults (with physical disabilities) the opportunity to explore yoga in a warm, non-competitive, and supportive environment. All poses will be adapted to individual needs. Winter session classes are instructed by Elaine Duke.



Date: January 14th- March 26th, 2015 (Every Wednesday)

Location: Oaklands Community Centre & Association
Community Recreation Room
2827 Belmont Ave #1, Victoria, BC

Time: 6:00pm-7:00pm

Cost: Free! Parents and caregivers welcome!
(Recommended that caregivers accompany individuals in chairs)

Register: Tel: (604) 408-9484

Email: admin@bccerebralpalsy.com

