

Virtual 'Zoom'

Special Needs YOGA



EVERY TUESDAY
at 4 pm

Sept & Oct 2020

ADAPTED | ALL ABILITIES | ALL AGES

This group promotes healthy physical activity by utilizing the basic essentials of Yoga. Each session is led by a Certified Recreational Therapist, focusing on strength, flexibility & relaxation. Activities are modified to each participant and group.

\$7 per 45-60min Session

You will receive the Zoom link & password via email.

Please register & pay prior to each session, at:

<https://therapeuticconceptsllc.com/programming-menu/>



Special Needs Programming
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