

ADAPTED CHAIR YOGA FOR ALL ABILITIES

EVERY THURSDAY
JANUARY 4 TO APRIL 25, 2024

Class 1: 11:00am to 12:00pm

Class 2: 12:30pm to 1:30pm

Vibrant Healthcare Alliance

2398 Yonge Street, Gym Room

- **Registration is required to participate**
- **Accessible program, participants use their own wheelchair or standard chair**
- **Gentle movement & meditation lead by a certified instructor**
- **Classes are free, limited space**



**TO REGISTER AND FOR MORE
INFORMATION, PLEASE CONTACT:
Anne Crasto, 416-486-8666 ext. 263
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