

2018
ADAPTED
YOGA
@return2sport



Yoga modified for your level of ability

From very active classes (mild mobility issues),
to seated (significantly reduced mobility or complex issues),
and classes for those with a spinal cord injury (SCI).

Term starts Wednesday 25 July 2018 for 10 weeks

Royal Rehab, 235 Morrison Road, Ryde NSW

4:00 pm	Dynamic Class (standing active)
5:15 pm	Basic Adapted Yoga (complex needs, reduced cognition)
6:30 pm	SCI

Earlybird price: \$250 if paid before term starts.

NDIS price: \$30 per class and must have funding available under "Health and Wellbeing" group fitness.

All classes must have a minimum of four participants to operate.

Bookings essential: lisa@yogavana.com.au

yogavana.com.au

Proudly hosted by

