



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.



**January 12th – March 15th
(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@bcerebralpalsy.com