



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.



**July 5th - August 30th
(Tuesdays)**

5:45- 6:45 pm

Community Recreation Room
Oaklands Community Centre
2827 Belmont Ave #1, Victoria



This is a **free** inclusive program. Drop-ins, parents and caregivers are welcome!

To Register or Inquire:

Call: 1-800-663-0004

Email: admin@bccerebralpalsy.com