

CEREBRAL PALSY ASSOCIATION OF BRITISH COLUMBIA



Adapted Yoga

This program provides a safe, calm environment for people with physical disabilities to practice meditative breathing and movement.

Where: 690 Burrard St, Vancouver, BC

When: Tuesdays, Jan 15 - April 2, 5 - 6 pm

*except March 12

This is a free program & drop-ins are welcome!

For more info and free registration, contact
programs@bccerebralpalsy.com or (604) 408-9484
Visit us @ www.bccerebralpalsy.com