

# 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 5 & 12

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

For more info and free registration, contact  
[programs@bccerebralpalsy.com](mailto:programs@bccerebralpalsy.com) or (604) 408-9484  
Visit us @ [www.bccerebralpalsy.com](http://www.bccerebralpalsy.com)