

Adapted group classes at Neuro-Ability May-June 2012

Neuro-Ability is pleased to offer classes led by a physiotherapist with a focus on yoga principles to help you meet your physiotherapy goals

What makes this class special?

These small group classes are designed specifically for individuals with neurological conditions led by a physiotherapist with Hatha yoga teacher training. These classes are designed to cover the basics of breathing, stretching, and strengthening with a focus on yoga principles.

Who are these classes designed for?

These classes are adapted for individuals with neurological injuries (eg. acquired brain injuries, stroke, spinal cord injuries, and other neurological conditions). The minimum physical requirement is that the individual is able to do an independent transfer onto either a plinth or the floor and can roll onto their stomach with minimal assistance. Participants in the Thursday night class will have to be able to do stairs independently with a railing. Participants are able to follow verbal cues and instructions.

What does this include?

This session includes 2 parts:

1. One individual assessment* (1 hour total)

* This is mandatory for participants who are new to Neuro-Ability group classes, with the goal of ensuring the class is best suited to each participant's needs.

These 1-hour individual assessments will be booked on ONE the following days between 5-7pm:

Tuesday May 1, Thursday May 3, Tuesday May 8, OR Thursday May 10, 2012

This must be completed prior to starting the sessions if you are new to Neuro-Ability classes.

2. Seven group classes (1 hour and 15 minutes each)

There will be 2 separate group classes. One will focus on postures in sitting and lying while the other will spend more time in standing with a focus on balance and alignment in standing poses. After the individual assessment, the instructor will determine which class is most appropriate for you.



Group classes are as follows:

Class A – 5:15-6:30pm Tuesday evenings May 15 – June 26, 2012 – most of the poses will be done lying down and sitting

Class B – 5:15-6:30pm Thursday evenings May 17 – June 28, 2012 - focus on poses done in standing as well as lying and sitting. Participants will need to be able to get upstairs to the studio (approximately 15 stairs with a railing).

How do I sign up?

Please contact Anne at classes@neuro-ability.ca for more information.

Classes will be limited to a maximum of 4 participants

No drop-ins, but we will keep a waitlist.

How much does it cost?

Individual one-hour assessment = \$100

7 group classes = \$245 (\$35/class)

These classes are taught by a physiotherapist and may be covered by some extended medical plans. It is up to the participant to confirm what their provider will cover.