

Adapted group classes at Neuro-Ability Spring/Summer 2013

Neuro-Ability is pleased to offer yoga-based group exercise classes led by a physiotherapist to help you meet your physiotherapy goals

What makes these classes special?

These small group classes are designed specifically for individuals with neurological conditions and are 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. 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 are able to follow verbal cues and instructions. Participants can use a treatment bed (plinth) if they are not able to get on and off the floor.

What is involved?

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 June 4th, Thursday June 6th, Tuesday June 11th, OR Thursday June 13th, 2013.

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

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

Classes are 5:30-6:45pm on Tuesday evenings from June 18 – July 23, 2013.

How do I sign up?

Please contact Anne at classes@neuro-ability.ca for more information. Classes will be limited to a small number of participants.

How much does it cost?

Individual one-hour assessment = \$100

6 group classes = \$210 (\$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.