

GROUP EXERCISE CLASSES For Individuals With Neurological Conditions

What makes these classes special?

- These small group classes are designed specifically for individuals with neurological conditions (e.g., acquired brain injuries, stroke, spinal cord injuries, and other neurological conditions).
- The classes are led by a physiotherapist with both neurological expertise and experience teaching Hatha yoga to people with various abilities.
- Exercises will be customized for each participant as needed and cover the basics of breathing, stretching, and strengthening with a focus on yoga principles. The environment is supportive and accessible.
- Participants must be able to:
 - transfer independently onto either a height adjustable plinth or the floor.
 - follow verbal cues and instructions.

THE SPRING SERIES: May 20 – June 24, 2014

What is involved?

This series includes 2 parts:

1. One individual assessment: May 5-17, 2014

- The 45-minute assessment is mandatory only for participants new to Neuro-Ability.
- Assessments can be booked between May 5-17, 2014.

2. Six group classes: May 20 – June 24, 2014

- Tuesday nights 5:30-6:45 pm
- Classes will be limited to six participants

How do I sign up?

Please contact 604-321-5807 or reception@neuro-ability.ca to register and arrange an assessment.

How much does it cost?

Individual assessment = \$78- (only required for participants new to Neuro-Ability)

6 group classes = \$210 (\$35/class)

- Payments can be taken over the phone by a credit card or by coming into the clinic in person during receptionist working hours (8:30 to 5:00pm) prior to the start of the class.
- Note that 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.

Cancellation Policy

- If Neuro-Ability cancels a series (e.g., due to low attendance), clients will be fully refunded.
- 24-hour notice is required for clients cancelling from the series.
- If a client misses a class (e.g., due to illness), they will not be refunded

For more information see neuro-ability.ca, or contact 604-321-5807 or reception@neuro-ability.ca