

## **YOGA-BASED GROUP EXERCISE CLASSES For Individuals With Neurological Conditions**

*A customized Yoga-style program with personalized instruction and exercise adaptation  
in a fun, social, small-group setting.*

### **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: March 18 – April 22, 2014**

### **What is involved?**

This series includes 2 parts:

#### **1. One individual assessment: March 3-14, 2014**

- The 45-minute assessment is mandatory only for participants new to Neuro-Ability.
- Assessments can be booked between March 3<sup>rd</sup>-14<sup>th</sup>, 2014.

#### **2. Six group classes: March 18 – 22, 2014 [Note: Summer Series will be May 20 – June 24]**

- 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](mailto: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](http://neuro-ability.ca), or contact 604-321-5807 or [reception@neuro-ability.ca](mailto:reception@neuro-ability.ca)