

Neuro-Ability is pleased to offer yoga-based group exercise classes led by a physiotherapist: Sept 17 – October 22, 2013

What makes these classes special?

These small group classes are designed specifically for individuals with neurological conditions and are led by Cindy Flower, a physiotherapist with over 10 years experience teaching Hatha and therapeutic yoga . 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 1pm and 5pm: Thursday August 29th, Tuesday Sept. 10th, OR Thursday Sept. 12th, 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 September 17 – October 22, 2013.

How do I sign up?

Please contact Cindy at cindy@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 = \$104

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