



DSRF Hatha Yoga - Adults Fall 2019

The DSRF will be offering a 15 week yoga program taught by a certified yoga instructor. The goal is to create a safe and supportive environment for adults to practice and study yoga, to encourage life-long learning, foster self-understanding, and promote a happy and healthy lifestyle.

This hatha based multi-level program of yoga technique is delivered in a gentle and therapeutic style. Each class follows the same outline with routines tailored to the individual's level of development. Students will participate in five essential yoga practices: music and sound therapy, breathing practices, eye exercises, asanas (yoga poses), and deep relaxation.

These practices are designed to strengthen and stretch the entire muscular skeletal system, balance the nervous system, increase breathing efficiency, improve body awareness, improve communication skills, increase each student's ability to self-regulate, and of course provide a relaxing and engaging experience!



Age: 19 + **Dates:** September 6 to December 13, 2019 **Schedule:** Fridays 12:30 pm - 1:30 pm **Fee:** \$150 for 15 sessions

Cancellation Policy: All withdrawal requests must be received in writing to nimet@dsrf.org by one week prior to the program start date. No refunds after the start of program. Class size is limited, so please register early to secure a spot.

tear here

Registration

Client's Information

Last Name: _____ First Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Date of Birth: _____

Parent Name: _____

Phone: _____ Cell: _____

Work: _____ Email: _____

Payment Information:

Cheque enclosed Please charge my Visa Mastercard Amount \$ _____

Name on Card: _____

Card Number ____ / ____ / ____ / ____ expiry date ____ / ____

For questions or to register please contact
Nimet Tejpar
at 604-444-3773 or
nimet@dsrf.org



**Down Syndrome
Resource Foundation**

Together. Hand in Hand.

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