



# DSRF Hatha Yoga - Adults

The DSRF will be offering a 35 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 +

**Schedule:** September 14, 2018 to June 14, 2019 (no sessions December 21, 28 2018, January 4, March 22 & April 19, 2019)  
Fridays 12:30 pm - 1:30 pm **Fee:** \$350 for 35 sessions

**Cancellation Policy:** All withdrawal requests must be received in writing to [nimet@dsrf.org](mailto: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](mailto:nimet@dsrf.org)



**Down Syndrome  
Research Foundation**

Together. Hand in Hand.

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