

After School Yoga Class

To prepare the brain for homework, school
and a peaceful calm state of being.



Our instructor is an Occupational Therapist with training in sensory integration and self-regulatory challenges. She will use yoga and sensory techniques to address such issues as anxiety, attention and self-regulation.

Individuals will leave this class in a calmer, more peaceful state and have tools to use at home.

If you have questions, or would like to register:
Please call Becky @ Therapyworks: 860-434-5524

