

Yoga

For Adults

Of

All Abilities and/or Special Needs



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, behavior issues and physical challenges. 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