

SUMMER ADAPTIVE YOGA WITH TRACEY



Tracey is a Kripalu and NETA trained Yoga instructor with over 15,000 hours of instruction.

4-Week Program Cost ~
Member rate \$100 + tax
Non-member rate: \$120 + tax

Ages: 8+

Thursdays, 5-5:30pm
July 7th - 28th (4 weeks)

Join Tracey for a gentle movement/flow class that incorporates yoga “style” movements to promote balance and flexibility. The class will build on consistency of movements, individual body awareness and movement expectation to encourage independent ability. Participants can expect to gain a basic understanding of a Yoga flow, while building body awareness and developing an understanding of the names of each pose.

Call or email to sign up:

(203)-553-9508

info@autismhealthandfitness.com



AUTISM HEALTH
& FITNESS CENTER