



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OVERCOMING OBSTACLES

## Adaptive Yoga

Experience the benefits of yoga through a gentle practice. Extra attention will be given to joints and healing using chairs and other props for balance and support of bodies in the poses. For anyone whose limited strength or mobility has kept them from trying yoga. Poses are adapted to an individual's current condition, while honoring his/her strengths.

Wheelchairs, walkers, and personal helpers are welcome.

### When

10:30 a.m. – 11:15 a.m.

### Where

Northwest YMCA

### Contact

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**A Member Benefit of the YMCA**

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