



We're here to help you get back to the things you love.

Find your strength.



## Spaulding Adaptive Sports Centers Yoga Programs

Yoga is designed to be accessible for people of all abilities! Within each SASC yoga class, participants can learn and practice gentle yoga poses and appropriately adapted variations in a safe, supportive environment with an experienced yoga instructors. In this practice you will cultivate strength, flexibility, balance and coordination through yoga poses, breathing techniques and mindfulness to enhance physical and mental well-being.

- small class size allows for individual attention and physical assistance
- yoga poses are customized using props and variations to accommodate for individual differences and preferences while still allowing participants to experience the full benefits of the pose
- caregivers are welcome to accompany participants

### Spaulding Adaptive Sports Centers Offers 2 Yoga Classes:

**Seated Yoga Class.** All poses offered seated in standard chair or the individual's wheelchair.

**WHERE:** Spaulding Rehab Hospital, 6th Floor Lantern Room

**WHEN:** Thursdays, 11am-12pm (*ongoing*)

**COST:** \$5 per class

**Multi Position Class.** Poses are offered in sitting, standing, and lying down. Poses can be adapted to each position allowing participants of varying functional abilities to participate in the same class.

**WHERE:** Spaulding Rehab Hospital, Conference Room B on the 1st Floor

**WHEN:** Mondays, 5:30-6:30PM. September 18th-December 11th (*no class on 10/9*)

**COST:** \$5 per class

Please visit <https://sasc.spauldingrehab.org> or call 877.976.7272 to register.  
You must register prior to attending class.