

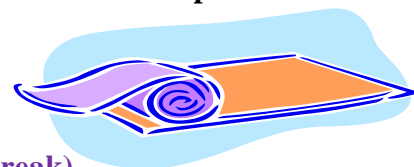


**Yoga & Mindfulness 2019**  
for Five Counties Therapeutic Recreation & Physiotherapy clients  
Ages 7-11

**Starting February 27, 2019**  
**Wednesday's 4:30pm-5:30pm**

Join us to explore basic yoga poses, breathing exercises & games  
increase confidence, feeling of belonging, physical stretches & healthy movement

Yoga with Jan Graham Physiotherapy assistant & Supported by Recreation Therapist  
Tanya Keast



Winter Session: Feb. 27-April 10 (no class over March break)

Spring Session: May 1 – June 12 (no class May 29)

**Location: Five Counties Children's Centre Peterborough Gym**  
**872 Dutton Rd.**

*For more information or to Register for this program contact*  
**Tanya Keast 705-748-2337 ext. 251**

Participants Requirements:

- \*Independent – able to participate on their own
- \*Interested and motivated to learn yoga within a group setting
- \*Able to follow 1 & 2 step directions and simple rules
- \*Independently mobile with or without aids
- \*Able to follow instructions in a group environment
- \*Seeks and responds to social situations

