



ADULT ASD MEET-UP

Beginner Yoga Class!

Tuesday, November 29, 2016

7:00-8:00 pm

York YMCA – Studio B

90 N. Newberry Street York, PA



Join us for a free **Beginner Yoga Class**! We will do breathing exercises for relaxation, standing poses for balance and strength, and gentle stretching on the mat. Please park in the parking lot off of **Clark Ave** (which runs parallel to Market and intersects both Newberry and Penn). Enter the **rear** of the building closest to the parking lot and go down the stairs. Stop by the **Member Service Desk** to let them know that you are attending a special program with Autism York in Studio B. Studio B is at the end of the hall past the member service desk. No previous experience is necessary. Yoga mats and equipment are provided.

Please wear comfortable clothes for stretching and gentle exercise, and bring a water bottle and a towel. We are a welcoming group and invite new participants to attend.

Please arrive a few minutes early so that we can start on time together. Questions? Contact Amy: asipe@autismyork.org

This group provides an opportunity for older teens and adults (around age 18 and up) with an Autism Spectrum Disorder to meet for support, self-advocacy, networking, conversation, and fun. We meet on the 4th Monday or Tuesday of each month, January-May, September-December, and occasional summer meet-ups.

OUR MISSION

The mission of Autism York is to provide support to individuals on the autism spectrum, their parents, families and friends. Our group exists for the sole purpose of providing support in a safe and friendly environment. It is the intention of Autism York as a group to promote understanding and respect of all families and the choices they make regarding therapies and interventions. Through this group we will offer opportunities for families and individuals on the autism spectrum to learn, grow, and develop relationships that help guide one another through this journey.

CONTACT US

For more specifics about individual meetings or events, or to sign up for our e-mail notification list, please visit our website at www.autismyork.org, call us at 717.801.1272, or e-mail to info@autismyork.org.

Autism York is a 501 (c) (3) organization as provided by the IRS.