



SOCIAL EVENT

POSITIVE IMPACT YOGA FOR CAREGIVERS

Wednesday, October 24, 2018

Registration: 7:15pm; Class: 7:30-8:30pm



Artemis – The Art of Living

30 N. Main Street, Red Lion, PA

Learn from a mother of a special needs child what a positive impact Yoga and Mindfulness has had on her life.

Rejuvenate and refresh ON Purpose WITH Purpose. Improve your flexibility, mind & body, with a centering hour of guided meditation, intentional breath, and gentle movement.

Gentle flow of foundational yoga postures to build strength and increase flexibility. Modifications available for all levels and the use of props to support your practice. Learn the principles of alignment, breath, and movement while enjoying the peace and tranquility that yoga brings.

Please wear loose fitting clothing or yoga attire and bring a water bottle. Mats will be provided. A waiver of liability must be signed prior to class.

Childcare provided. No RSVP necessary. Just come out and enjoy!

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 <mailto:info@autismyork.org>.

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