

Yoga

Participants who would like to engage in some gentle Yoga as part of their week don't need to look any further. Yoga provides the opportunity for you to work on your flexibility, stamina and core strength all at your own pace. Participants can enjoy improved physical and emotional health as well as gross motor skills.

Yoga is facilitated with individual needs in mind. The sessions are flexible and Yoga positions can be adjusted to support needs and abilities. There have been great success stories from participants who began participating whilst sitting in a chair, as that was all they were able to do, who transitioned to floor positions after developing their muscle tone further and feeling confident to extend their participation.

Come along and give our Yoga a try...your body and senses will thank you for it!



