

Are you affected by **STROKE** or **BRAIN INJURY**?

Join us for our upcoming Educational Workshop :

Brain Strong Yoga & Meditation

With Robyn Bull, B.A., Yoga Teacher RDYT200

Wednesday, June 19th 2019

10:00 am—11:00 am

Oliver Woods Recreation Centre, 6000 Oliver Road

This class is for people who have been affected by an acquired brain injury like TBI, concussion or stroke. The student's primary support person is encouraged to attend the class and is welcome to join us for free! The role of the primary support person in this class is not to assist but to take the opportunity to develop a yoga and meditation practice of their own. Yoga practice is adaptive by nature and this class can accommodate a wide range of skill and ability. This class is best suited for students who can follow simple directions, regulate emotions and move from sitting to standing without assistance. The one hour class will consist of a 45 minute yoga flow using slow, meditative pacing followed by 15 minutes of guided meditation.



Robyn is a 200hr certified yoga teacher. A lifelong learner, she has completed many additional trainings including “Love Your Brain Yoga”, a gentle yoga and meditation series created for people who have experienced a traumatic brain injury. Her supportive teaching style allows students of all levels to follow her class and her goal is to create an environment that challenges the body and settles the mind.

For people with acquired brain injury/stroke and family caregivers.

No Charge. Space is limited. Please call or email to reserve your seat.

Call Adrienne 250-753-5600 ext. 202 or email adrienne@nbis.ca

