



Yoga: Storytelling Movements

Play is one of a child's most powerful cognitive and social learning tools. Building these skills in young children with special needs will maximize their capacity for positive interactions and overall recreational and social engagement.

Our unique Yoga: Storytelling Movements is a balance between spontaneity and structure-interweaving story, song, games and poses. Along with a lot of fun, participants and their siblings will learn in a multi-sensory environment exploring kinaesthetic, visual and aural learning with our Recreation Therapist.

A truly unique introduction to Yoga poses and yoga movement and flow for children, youth, teens and young adults.

Various Locations

Time Varies

1 hour sessions

Cost \$200.00+HST per participant (for 8 sessions)

Additional \$5.00 per sibling/parent per session.

For more information: www.recrespite.com

Registration only: 1-877-855-7070 or recreative@recrespite.com

Space is Limited!