



# Adaptive Yoga

program of The Chanda Plan Foundation



**WHO:** The Chanda Plan Foundation is offering an adaptive yoga class for Veterans supported by The ASMBASTAR Foundation.

**WHAT:** Adaptive Yoga class, 3 month series meeting weekly.

**WHERE:** Elliot Street Collective

**WHEN:** 4:45PM on Sunday evenings starting March 13th, 2011

**WHY:** This program is designed to educate our veterans on the mind/body connection through principles of alignment, movement & breath.

**GOALS:**

- Improve balance, motor planning, transfers and forward reach.
- Increase ability to control and manage muscle spasms.
- Increase ability to manage pain.
- Relief from depression
- Awareness to live vibrantly through the whole body (even the parts that have “no” feeling)

NOTE: Caregivers are encouraged to accompany participants!!

**MORE INFORMATION or TO RESERVE YOUR SPOT, CONTACT**

Crystal Larson

[crystal@iamtheplan.org](mailto:crystal@iamtheplan.org)

(303) 246-4291

The Chanda Plan Foundation

[www.thechandaplanfoundation.org](http://www.thechandaplanfoundation.org)