



LOVE YOUR BRAIN YOGA

PROGRAM FOR THE
TRAUMATIC BRAIN INJURY
+ CONCUSSION COMMUNITY

WHAT IS IT?

A FREE 6-week yoga program designed to build community and resilience!

Classes are intentionally adapted for TBI:

- Gentle yoga to improve balance and strength
- Meditation to enhance relaxation, positivity, and concentration
- Group discussion to connect with others with shared experiences
- Welcoming and calming class environment

WHO IS IT FOR?

People with TBI, including concussion, and caregivers who are:

- Able to move without assistance (no wheelchair, cane)
- Open to participating in group discussion
- Can follow instructions and regulate intense emotions
- Can commit to all 6 classes (first class is mandatory)
- 15+ years old

Caregivers can attend independently or with a person with TBI

Programs start every January, April, July, and October

Alluem Yoga

347 Lincoln Ave E

Cranford, NJ 07016

Classes are limited to 13 students so reserve your space today:

<http://www.loveyourbrain.com/yoga/practice>

