



## 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

**Programs start every January, April, July, and October**

The Willow

1600 Lansdowne St Unit 16

Peterborough, ON K9J 7C7

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

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

