



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

NoDa Yoga

1620 Oakhurst Commons Dr, Suite 301

Charlotte, NC 28205

Classes are limited to 11 students so reserve your space today:

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

