



Specialized Services
for Children & Youth
Together Is Better

Rehabilitation Centre for Children
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REHABILITATION
CENTRE FOR
CHILDREN

Weekend Yoga at RCC - Fall 2018

When: Saturdays from October 13th to December 8th
No session on November 10th

Time: 12:00 - 12:45 pm: ages 8 to 21
1:00 - 1:45 pm: Low sensory group (see description below)

Where: SSCY Centre (Specialized Services for Children and Youth), 1155 Notre Dame

For Whom: Children and youth with special needs and a caregiver

Children and youth will:

- Participate in yoga class taught by an instructor trained in adapted yoga for youth with special needs.
- Learn relaxation / self regulating techniques in a fun, supportive environment.

Low sensory yoga class moves at a slower pace with fewer (typically four) poses, yet still offers the same great benefits of any yoga class! Breathing exercises and chanting are practiced to help calm the body and mind and foster participants' modes of communication with sound and repetition. Hands-on assistance from caregiver is offered and encouraged in partner poses which are included in every class.

To register: please complete the attached form and return to Dominique Gagne by mail, fax (address and fax number can be found at top of page), or drop off at the SSCY Centre.

For more information: contact Maya Kirstein - 204-258-6538, Dominique Gagne - 204-258-6500, or email lifeprogram@rccinc.ca

New this year: registration will be offered on a rotating basis due to increased demand. Please choose all sessions you are interested in, and we will do our best to ensure everyone gets to attend at least 1 session. Once you've registered, you will not need to register again for the 2018-2019 school year. Thank you for your interest in this program!

The RBC Therapeutic Recreation and Wellness program is part of RCC's LIFE program, and is generously funded by the Children's Rehabilitation Foundation and their donors. For more information on their work with families and children with special needs, visit their website at www.crf.mb.ca



Therapeutic Recreation
and Wellness Program