



## FOR PEOPLE WITH TRAUMATIC BRAIN INJURY + CONCUSSION AND CAREGIVERS

### WHAT IS IT?

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

Classes are intentionally adapted for Traumatic Brain Injury:

- 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

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### WHO IS IT FOR?

People with TBI, including concussion, other neurological conditions, and caregivers who are:

- Open to participating in group discussion,
- Can follow instructions and regulate emotions.
- Open to engaging in movement in either chair or floor mat.

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### WHAT ARE THE BENEFITS?

- Improve attention skills.
- Enhance information processing.
- Increase strength, endurance, balance, range of motion.

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