



Adaptive Yoga

Adaptive Yoga is a class designed to improve strength and flexibility, reduce stress, and encourage resilience. Classes are free for members of the community with disabilities and are offered in 8 week session. Participants should attempt to attend consistently each week. No Previous experience is required. Please contact Allison Huck prior to attending your first class.

Classes:

Wednesdays 5:30 - 6:30 p.m.

MedStar NRH - New Value Conference Room

102 Irving Street, NW

Washington, DC 20010

For more information please contact:

Allison Huck, CTRS at 202-877-1933 or
Allison.M.Huck@MedStar.net

Visit Our Webpage:

medstarnrh.org/adaptiveyoga



MedStarNRH.org/Sports