

## Creative Therapy Health Services Yoga For Post Concussion Syndrome



Creative Therapy Health Services is proud to introduce a yoga class designed to help people with Post Concussion Syndrome

2015  
May 11-  
June 22

The class will be taught for 6 weeks from May 11<sup>th</sup> until June 22<sup>nd</sup>, with no classes on May 18<sup>th</sup> from 1-3pm. This cost is \$180.00 and take will place at 136 Moore Ave. S Unit D Waterloo Ontario.

The class focuses on balance poses and will incorporate gentle, repetitive movements to strengthen the core and improve body awareness. The class will also include breathing strategies to help with relaxation, anxiety and stress management. A component of the class will teach ways to incorporate mindfulness and proper posture into everyday life. The yoga postures, sequences, breathing techniques and environment are designed to minimize post-concussion triggers.

This class has been designed by Sheri Martin Soosaar, Occupational Therapist and Denise Davis Gains, Certified Yoga Teacher

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