

ACCESSIBLE YOGA

For Adults with Developmental Disabilities

Tonya Salerno 500ERYT is licensed by Yoga for the Special Child® and conducts the class in accordance with the Sonia Sumar Method. Tonya has been teaching yoga to both adults and children with disabilities for the past 20 years, independently and through Minute Man Arc.

For more information about Tonya visit www.tonyayoga.com.

For more information on Yoga for the Special Child® visit <http://www.specialyoga.com>

This class is appropriate for physically independent students. Staff or family support is welcome for transitions and toilet help if needed.

Tonya is available for private lessons any student who needs more support. A questionnaire will need to be filled to determine if the class is a good fit. Financial aid for private sessions may be available to those who qualify.

Six Week Session starts November 7
Time: Monday 3:15-4:15pm.

Investment: \$90

Classes are held at:

Revolution Community Yoga

537 Massachusetts Avenue • Acton, Massachusetts