



JOIN THE LOVE YOUR BRAIN[®]

Y O G A
PROGRAM FOR THE
TRAUMATIC BRAIN INJURY COMMUNITY!

WHAT

A FREE 6-week yoga and meditation program for people who have experienced a TBI (including concussion) and their caregivers.

People will have the opportunity to:

- Practice gentle yoga adapted for the TBI community
- Learn meditation techniques to promote relaxation
- Connect with others and build lasting relationships through group discussion

WHEN

Our programs start in January, April, July, and October

For specific times and dates visit:

www.loveyourbrain.com/yoga/practice

WHERE

Ashtanga Yoga Montreal
372 Saint-Catherine Street W.
Montreal, QC H3B 1A2, Canada

Classes are limited to 13 students so reserve your space today:

www.loveyourbrain.com/yoga/practice

For questions, email: asa@loveyourbrain.com

No previous yoga experience necessary!