



Yoga for Caregivers

Instructor: Kaira Elizabeth

Dates: Tuesdays, June 6 - Dec. 12, 2017
(no class June 13 and July 4)

Time: 4:00—5:00 pm

Location: Support for Families
1663 Mission St. #700, San Francisco

Childcare available by request.

***To register and request childcare,
please call 415/920-5040.***



Restorative Yoga focuses on slowly and mindfully moving through yoga movements and postures, learning to control our breath in order to focus and calm our mind and body. Guidance and modifications are provided throughout the class in order to be as supportive and inclusive as possible for all abilities and levels.

Kaira's journey began in 2007 when she took her first yoga class as an adult. Coming back to it time and time again—and becoming more of a regular yogi throughout the years—she felt the empowerment and healing that naturally came with consistent, mindful practice. She is a proud graduate of **Niroga Institute's Yoga Teacher Training Program**, which includes holistic study on anatomy and physiology, yoga postures, breathing techniques, meditation, and yoga philosophy.



SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

1663 Mission St., #700, SF, CA 94103 • Tel 415-920-5040 • Fax 415-282-1226 • www.supportforfamilies.org • info@supportforfamilies.org