



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE FUN LIVE HEALTHY

Adaptive Yoga (MS Specialized)

Ease the physical symptoms of multiple sclerosis and improve your emotional outlook through breathing and stretching exercises! Classes starting January 11th!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 - 1pm	Sofia					
12:30 - 1:30 pm						Sofia
Register today, Online (members) or at the Welcome Desk! ymcahouston.org						

This class is a partnership between the National MS Society and the YMCA. Visit nationalMSSociety.org to learn more about information and resources available to help you live your best life with multiple sclerosis.

Prices:

- \$18* per monthly class session
\$22* (non-member)
- \$32* two class session bundle
\$36* (non-member)
- \$5 per single class
\$7 (non-member)


*A monthly class session is the same day and time for the month, beginning on the first of every month. Classes below 7 participants are subject to cancellation. No prorating of monthly fees or refunds for missed classes.


For more information on Healthy Living programs, contact Matthew Jewell at Matthew.Jewell@ymcahouston.org.



For more information on living with multiple sclerosis, contact 1-800-344-4867 to speak with an MS Navigator.

TROTTER FAMILY YMCA
1331 Augusta Drive, Houston, TX 77057
713-781-1061
ymcahouston.org/Trotter-Family

  text YMCAHouston
to 41411

 **YMCA Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

Class Descriptions:

MS Specialized Classes are taught by instructors trained in the delivery of specific Yoga styles appropriate for those with multiple sclerosis. Individualized and adaptable - with an emphasis on alignment, and education about stretching and strengthening muscles.





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Adaptive Yoga

Frequently Asked Questions

What is Adaptive Yoga?

The main focus of Yoga is the mind-body relationship, and it gives you a dynamic awareness of yourself both with and without muscular action. This class takes the principles of Yoga and adapts them in therapeutic ways to help bring physical and psychological healing to participants with the use of chairs and other techniques.

Why should I take Adaptive Yoga?

1. Improves overall muscle strength, flexibility, stability, balance and coordination
2. Increases internal/core, abdominal, and back strength
3. Improves joint mobility; helps with aches and pains
4. Improves posture and alignment, and stress levels
5. Increases body awareness; movements become controlled and responsive

Who are the instructors and what are their qualifications?

Sofia is our Yoga instructor, and is certified in Yoga with special training for multiple sclerosis.

Is there a minimum that must be registered for the class to make?

Yes there is a 7 person minimum for the class to make. Our Healthy Living Director will notify you if a class you registered for did not make and they will work with you to move you to an available class, or credit/refund your registration fee.

How do I sign up?

You can sign up at the Welcome Center or online (online sign-up only available to current Y Members).

May I sign up if I'm not a member of the YMCA?

Yes, definitely. Please visit the Welcome Desk at the Trotter YMCA to register.

When do I need to sign up for the class?

We will cancel classes the first week of the month if they do not meet the minimum participants.

Does the schedule change monthly?

The schedule is subject to change based on number of registrants. If the 7 person minimum is not met then a class may be cancelled.

Can I take more than one class per week?

Yes, absolutely, but you must register for each class session.

Can the price be prorated if we miss a class?

No. We do not prorate class sessions because the class still goes on.