



HIGHLANDS RANCH
COMMUNITY ASSOCIATION

SPECIAL NEEDS YOGA



SPECIAL NEEDS YOGA (AGES 5-ADULT)

Come and experience a form of yoga that works to improve balance, focus, coordination, and strength. Learn poses to reduce fatigue, stiffness, and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome.

Westridge, Hawk Room • Mondays 5:15 - 5:45 p.m.

01/04/21 - 01/25/21

02/01/21 - 02/22/21

03/01/21 - 03/29/21

04/12/21 - 04/26/21

Call 303-471-7043 for pricing details.

For more information: Summer.Aden@hrcaonline.org • 303-471-7043 • www.HRCAonline.org/TR

We are working diligently to provide a clean, safe environment for you, but with all things related to COVID-19 there is inherent risk. It is up to you to choose to use the HRCA amenities, knowing that you assume risk when gathering with other people and visiting other facilities.

WWW.HRCAONLINE.ORG