

# Brahmananda

## YOGA CENTRE

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# EXPLORING YOGA & DISABILITY

with Christine Rustecki

Sunday, June 3 - Sunday, June 24

12 - 1:30 pm



*“Yoga as a path is accessible to every human being...  
we begin from where we are.”* — T.K.V. DESIKACHAR

An introductory 4-week yoga workshop that is wheel-chair accessible. Through integrating sound, movement and breath, we will be working primarily in seated postures. Floor postures can be accommodated. Discover ways of being with the body to promote strength and balance as well as reduce stress. This is an all-levels yoga course. All abilities are welcome.

**\$48 per 4 week session. Sliding scale available.**  
Please contact Christine at (416) 531-0174 or  
c\_kaixo@yahoo.ca to pre-register.

**[www.brahmanandayoga.com](http://www.brahmanandayoga.com)**

345 Sorauren Avenue, ground floor  
(One block south of Dundas St. West, at Sorauren Park)