

# The Be Happy Yoga Project

## **FREE Yoga For Autism class in honour of National Autism Awareness month!**

Yoga for autism is an adapted form of yoga that includes breathing exercises, body awareness practice, basic movement, relaxation techniques & the use of sound.

Yoga helps to improve strength, muscle tone & flexibility, balance & coordination, as well as helping people to handle anxiety and regulate emotions.

The class is open to both adults and children with autism, their carers and anyone else with a special interest in yoga for autism. Children must be accompanied by a parent or guardian.

- When?** 12th April (10-12pm)
- Where?** LCiL, Westend Neighborhood Centre, Andrews Street, LE3 5PA.
- Contact?** Dani 07857 249803

**Sapces are limited so book ASAP!**

