

Adaptive Yoga for Amputees



October 29th, 2017 – 1:00pm

Please arrive 15 minutes early for registration.

Power Yoga New York
Niskayuna Square, 3333 Consaul Rd.
Niskayuna, NY 12304

To register or for any questions...

Please email radhab@sampsons.com
or call 518-374-6011

Space is limited, please send in your registration email as soon as possible to guarantee a spot for your mat on the floor!

This is a free introductory 90 minute class.

No prior experience is necessary.

Class will be led by –

Rocky (Registered Nurse and Certified Baptiste Yoga Teacher)

Christa (Orthopedic Physician Assistant and Certified Baptiste Yoga Teacher)

The teachers will provide individualized instruction and props to help each student achieve the pose in their own unique way.

Please dress in comfortable clothing.

Bring your own yoga mat, water bottle, and small towel.

If you do not have a mat, you can borrow one from the yoga studio.

Don't forget to bring an open mind and willingness to try something new.

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