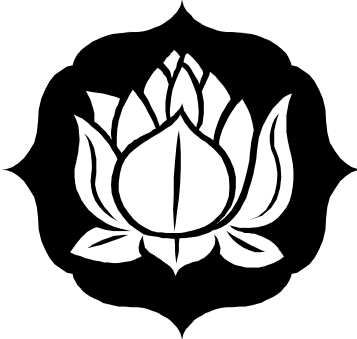




# Adaptive Yoga

*All levels & disabilities welcome*

***These gentle classes will help you relax, relieve stress,  
and increase your functional strength & flexibility.\****



**WEDNESDAYS 1:30 – 3:00 p.m.**

**Center for People with Disabilities**

1675 Range St., Boulder

*(2 blocks W. of 55<sup>th</sup> & Arapahoe)*



**Contact Marni:** [marni@cpwd.org](mailto:marni@cpwd.org)

303-442-8662, ext. 102

*(ask about affordable payment options)*

***\* Private yoga therapy sessions available on a sliding scale!***



### **About the Instructor**

Dee Marie, MA, CYT has a master's degree from NYU in motor development. She is a certified yoga teacher, as well as a certified health and fitness professional. Dee uses her extensive educational and practical experience in dance, yoga, yoga therapy, sports training, motor development, exercise therapy, relaxation and meditation to provide private and class instruction for individuals of all ages and abilities.