

# YOGA for Individuals with Special Needs



A fun & interactive class that improves body awareness, enhances concentration, promotes self-esteem & confidence through stories, sounds and stretching! Come join the FUN!

Wednesdays 6-7pm  
Girard Park Recreation Center  
Cost: \$10

For more info, contact  
Denise 337-291-8127 or  
Lacey 337-322-7000

Check us out @ [www.lafayettela.gov](http://www.lafayettela.gov) and  
[dreamsfoundationaca.org](http://dreamsfoundationaca.org)  
Or Like us on Facebook Lafayette  
Recreation and Parks and D.R.E.A.M.S  
Foundation of Acadiana

The yoga program is open to any special needs individual, child to adult. No pre-registration necessary, show up at Girard Park on Wednesdays at 6:00pm

