



VIRTUAL YOGA

September 10- October 15

WHO WE ARE

Cincinnati Children's Hospital has a more than 10-year history of successful work in the space of pediatric community-based inclusive recreation. The National Center on Health, Physical Activity and Disability, headquartered at the University of Alabama, is the nation's premier center dedicated to promoting the health and wellness of all people. NCHPAD Connect is an online health and wellness platform for people with mobility limitations, offering free health promotion resources designed to support personal goals and well-being. Together, we present a six-week virtual yoga series for kids whose bodies move differently. Because **everyone** has the right to play.

PARTICIPANTS

- Ages 10-17 years old
- Must have a mobility challenge
- Will complete both a NCHPAD survey and a yoga registration. Will be asked to complete a survey again after the series.

CONTACT INFORMATION

We're happy to help! If you have any questions about registration for NCHPAD and yoga program, contact the be.well team:

Email: OTPT.be.well@cchmc.org

Phone: 1-513-806-0619

VIRTUAL YOGA

be.well yoga is a 6-week series designed to help participants build foundational yoga skills. We'll blend the great outdoors and yoga in playful ways. Participants will combine yoga with scout-like education each week. We'll namaste online through an app called Healthie each week, where you will access both zoom and other offline content for review including yoga sequences illustrated by Cincinnati cartoonist Steve Harpster and an audio file of a weekly Savasana by our yogi master Megan Darnell. Participants will be asked to complete an additional independent practice each week and will receive a yoga mat marked with shapes for cueing. Our series will conclude by practicing our yoga skills on sleeping bags. Campfires and stars and lightening bugs, oh my!

DETAILS

Thursdays, 6 pm EST/ 5 pm CST

Live, Zoom-led classes

REGISTRATION

Our yoga team will be capped at 25 participants. Registration is first-come, first-served. Register by clicking the registration link or scanning the QR code!



https://uablf.dom.uab.edu/surveys/?s=W4C7XDLJTJA3K93J&utm_source=participant