

Accessible Yoga Class at Alameda Hospital

Especially designed for those with limited mobility and special needs

Wednesdays, 5 pm to 6 pm on June 15th, 22nd, 29th, and July 6th

Alameda Hospital Conference Room C

\$5 per class

This class will provide you with a safe supportive environment in which you will learn how to:

- Increase body awareness
- Create space to breathe more deeply
- Reduce tension in the areas of your body and mind deserving of care and nurturing

If you have physical limitations, your needs will be accommodated for by providing alternative poses or additional support.

If you require assistance to transfer or move please bring along an attendant free of charge.



Teacher Biography

Amanda Sharpe is a UK qualified physical therapist with 16 years of experience in Neurological Rehabilitation. She graduated from the Berkeley Yoga Room's Advanced yoga training program in 2007. She uses her knowledge of anatomy and human movement to help students find ease, comfort and space in their yoga practice. Amanda teaches public classes and private sessions in Alameda and Castro Valley including classes for people with limited mobility and special needs.

For more information please contact Amanda at nurturing.yoga@comcast.net



Alameda Hospital
2070 Clinton Avenue
Alameda, CA 94501