



URSA is hosting a YogAbilities class in Airdrie!!

Tuesdays
10:30am-11:15am
(FREE TRIAL)

This will be a 6-week session starting November 26th and ending January 14th
(small break for holidays)

****Please contact Mary-Beth at Marybeth.Finney@ursa-rehab.com
for more information!**



YogABILITIES YYC

YogAbilities YYC offers a variety of yoga classes; from the traditional yin and yang, vinyasa flow, beginners, one on one classes, kids yoga, chair yoga, and specialized classes! We specialize in teaching children and adults with Special needs adaptive yoga/stretching. All abilities and all ages welcome!