



Deaf Yoga

WHAT? Deaf Yoga!!!

Finally the 5000 year old practice of yoga is accessible to the Deaf Community. If you are Deaf/Hard of Hearing or hearing and know ASL this class is for you. Teacher Cheryl Hollingworth is a certified, registered and experienced Hatha yoga teacher.

WHEN? Deaf Yoga is on Tuesdays 3:30 – 4:30 Starting October 7

8-week session is \$96

Register by September 26 and pay only \$91

Drop-ins are welcome at \$15 per class

WHERE? Breathing Time Yoga is a beautiful loft studio only 5 minutes from the RI School for the Deaf at 541 Pawtucket Ave., 2nd floor Pawtucket, RI 02860

WHY? This basic yoga class is appropriate for beginners and will emphasize proper alignment, relaxation and stress relief. Class will be taught in ASL with a voice interpretation for those who are sign language impaired - smiles!

WHO? Cheryl has been practicing yoga for nearly 20 years and recently completed her training at All That Matters in Wakefield, RI. Cheryl has taught Deaf Yoga to the students and Deaf staff at the school and teaches hearing yoga at two other studios.

Cheryl is very pleased to offer Deaf Yoga at Breathing Time - finally yoga is accessible to the Deaf community! PAH!

KICK OFF Deaf Awareness Week with a FREE Deaf Yoga class on Saturday September 20th 1:00 – 2:00

For more info contact Cheryl at Peacetreeyoga@gmail.com