

LOVE YOUR BRAIN YOGA

In collaboration with
REHABILITATION
HOSPITAL OF INDIANA



WHAT IS IT?

Love Your Brain Yoga is a six-week gentle yoga and meditation program for individuals with acquired brain injury and/or physical disability.

WHERE ARE CLASSES HELD?

Class will be offered virtually or in person.

Driven NeuroRecovery Center
1300 E 96th Street
Indianapolis, IN 46240



HOW DOES IT WORK?

Each class follows a similar structure:

- 5 minutes of breathing exercises to calm and focus the mind
- 30 minutes of gentle yoga to improve strength and balance
- 5 minutes of guided meditation
- 20 minutes of facilitated discussion based on empowering themes

HOW MUCH DOES IT COST?

The total cost for the six-week program is \$30.00 to be paid in entirety prior to the first scheduled class, unless scholarship is requested.

DESIGNED BASED ON THE SCIENCE OF RESILIENCE



MOVEMENT

Adapts specific poses to prevent dizziness and headaches and to support learning and memory



ENVIRONMENT

Uses soft lighting and soothing music to make the yoga class environment welcoming



MIND

Incorporates strategies to focus attention and release negative thoughts



COMMUNITY

Builds community through group discussion with empowering TBI-related themes

FOR MORE INFO:

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SIGN-UP HERE

Scan the QR code or use this link to sign up:
<https://tinyurl.com/2jz92e8j>

