



Mindfully Moving/Yoga Group Information

Fall/Winter 2017

When: Wednesdays, 1:00 PM –2:30 PM

November 15

December 13

January 10

November 22

December 20

January 17

(Group does not meet November 29, December 6, December 27, or January 3)

Where: 122 E. Olin Ave., Ste. 100, Madison WI, Conference Rooms A & B

Facilitated by: Nanette A. Negri, Rhythms Program

Cost: Rhythms Program Focus Individual and Partner - no cost
Others - \$5/class (includes individual and partner)

This group is for focus individuals in the Rhythms Program and others who experience sensory and movement differences and are supported by participants of the Rhythms Program Learning Group. It is expected that most individuals will come with a partner **who will participate** in the group as well.

The group will offer an opportunity to learn and practice a combination of mindful movements and various yoga poses to support increased body awareness, flexibility, strength, and relaxation.

Space is limited. 9 individuals and their partners can be accommodated. If there are more than that number of people interested, we will try to find a space to run another group or put those people first in line for the next group.

**Fax or email scanned application form to: comm.training@waisman.wisc.edu
or FAX 608-263-4681.**

Please register as soon as possible. You will be notified as to space for participation.
If you have questions, please email Nan at nanegri@wisc.edu.



Mindfully Moving/Yoga Group Application

***Fax or email scanned application form to:
comm.training@waisman.wisc.edu or FAX 608-263-4681***

Individual's name:
Person(s) joining individual:
Contact information (please include contact person's name, email and phone) Name: Email Address: Phone:
Will the individual need a personal visual schedule? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure
Will each person have a yoga mat? <input type="checkbox"/> Yes <input type="checkbox"/> No
Are there things that easily upset or cause dysregulation for the individual? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please describe what they are and how to best help the individual cope and re-regulate:
Please list any additional accommodations the individual may require: