



Stretch for Success

Brain Injury Chair Yoga & Tai Chi Series

Special Topics include:

- Breathing Techniques
- Moving Forward with Resilience
- Self-Care
- Begin, Progress, Success
- I am Powerful
- Positivity
- And much more!

Visit www.bianc.net for more information



Hosted by Will DeGrauw, MS CRC CCM CBIS RYT

- 10:00 - 11:15 AM on [BIANC's YouTube Channel](#)
- Saturdays May 1st through July 3rd, 2021



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Topics:

1. Breathing Techniques
2. Positivity
3. Begin, Progress, Success
4. Moving Forward with Resilience
5. I am Powerful
6. Choices, Chances, Changes
7. Love is Everlasting
8. Stretch Smile Wide
9. Movement, Wellness, Enlightenment
10. Self-Care

Dates:

- May 1
May 8
May 15
May 22
May 29
June 5
June 12
June 19
June 26
July 3

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