



ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

# ADAPTIVE YOGA

INDIO COMMUNITY CENTER  
45871 CLINTON ST, INDIO



*For individuals with a  
disability ages 16 and  
above*

*\$25 per month **OR**  
free with adaptive  
membership*

*Tuesdays at 10:00-10:45am*

*September through December*

Register at  
[MyRecreationDistrict.com](http://MyRecreationDistrict.com)





ADAPTIVE/THERAPEUTIC SPORTS & RECREATION

# YOGA ADAPTATIVO

CENTRO COMUNITARIO INDIO  
45871 CLINTON ST, INDIO



*¡Todas las personas  
mayores de 16 años con  
una discapacidad*

*\$25 por mes o gratis con  
membresía adaptable*

*Martes de 10:00 a 10:45 h.*

*Septiembre a diciembre*

Regístrese en  
[MyRecreationDistrict.com](https://MyRecreationDistrict.com)

