



AUTISM
FAMILY
SUPPORT®
OXFORDSHIRE

FREE yoga classes!

For families living with autism

Saturdays, 10am -11am
at Yoga Quota

based at Turl Street Kitchen, Oxford
16 Turl Street, Oxford Town Centre, OX1 3DH

We will be using the **Yoga Room upstairs**

Classes are kindly offered FREE of charge by Yoga Quota

The classes provide a relaxed style of yoga in a small group. No yoga experience is necessary, and yoga mats are provided. Yoga is generally good for health and can help alleviate anxiety.

Come and try a relaxed and nurturing class!

- Classes are available to people with autism and/or their family members.
- Participants must be aged 14 and over.
- All under 18s and adults who need support must initially come with a responsible guardian so that we can assess their needs. It may be possible for them to attend future classes independently, if mutually agreed.
- There is no crèche facility and classes are not suitable for unsupervised children or non-participating children or adults.
- There is no on-site parking. Metered parking and car parks are available in the town centre. We recommend public transport and the Park and Ride.

Bookings and enquires:

Please email Anne, the yoga teacher, with any queries. To book a place please email Anne with the details of the people who wish to attend (their name, age, and any diagnosis), and the date(s) you want to book.

Email: **anne@yogaquota.com**

NOTE: After your first class, we prefer that you continue to email Anne to book classes. You can also attend without booking but please first go online to **yogaquota.com** and check the Book Now page to check the class is running (cancelled sessions are rare and will be in red with a line through it).