







ONLINE PHYSICAL ACTIVITY DETAILS:


July 2025

*All Times are in PST

Legend:

-  Live Event
-  Water Activities
-  Camping
-  Good Cardio
-  Low Intensity
-  With Subscription

New for February!

*  Few live events this month:

- **Prince George Kayaking Day** – Saturday July 13th 11am-5pm
- **Whistler Adaptive Adrenaline Weekend** – Weekend July 25th-27th (all day)
- **Learn to Camp in Victoria** – Weekend July 25th-27th (all day)
- **Nanaimo Paddling & Picnic** — Saturday July 26th 10am-3pm

* **No More PARC Virtual Spin Classes** — Live Spin Classes still on at PARC Gym (Thursdays - 1:15-2:00pm & Fridays – 2:00-3:00pm).

* **BORP Virtual Classes** are back!!!

* **BORP Classes** — Have a week free trial, then you need a subscription

—> Subscription info here <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->


LIVE Events:

Prince George Kayaking Day

Website: <https://sci-bc.ca/event-directory/monthly/>

Organizer: Caleb Rousseau

Time & Locations:

 **Saturday, July 13th 11:00am – 5:00pm**

 **Prince George** - West Lake Provincial Park, 20769 W. Lake Rd, Prince George

Description:

Let's paddle into summer together!

Join SCI BC and Backwater Paddling for a fun and peaceful day on the water!

Whether you're new to kayaking or already love it, this is a great opportunity to learn to kayak in a safe, supported environment, enjoy the outdoors at beautiful West Lake and connect with others in the SCI community.

All equipment provided. Adaptive gear and support available for all abilities.


Please RSVP to Caleb at cbrousseau@sci-bc.ca or 604-326-1216

Whistler Adaptive Adrenaline Weekend 2025

Website: <https://sci-bc.ca/event-directory/monthly/>

Organizer: Ryan Clarkson

Time & Locations:

 **July 25th-27th (All Day)**

 **Whistler** – Whistler Athlete's Center, 1080 Legacy Way, Whistler BC

Description:

You are invited to join SCI BC for our annual Whistler Adrenaline Weekend! Each summer we partner with [Whistler Adaptive Sports Program](#) to offer a weekend of outdoor adapted activities! This includes mountain biking, kayaking, paddle boarding, outdoor rock climbing and so much more!


Please contact Ryan at rclarkson@sci-bc.ca if you are interested in attending.

Learn to Camp in Victoria

Website: <https://sci-bc.ca/event-directory/monthly/>

Organizer: Scott Heron

Time & Locations:

 **July 25th-27th (All Day)**

 **Victoria** – Power to Be Site, 4633 Prospect Lake Rd

Description:

Do you love sleeping under the stars? How about roasting marshmallows and telling stories around the campfire? We're excited to team up with [Power to Be](#) to offer an exciting weekend of camping at Prospect Lake in Victoria.

Sit back and relax, enjoy the great outdoors, eat s'mores and connect with other happy campers!

Please contact Scott at sheron@sci-bc.ca to register and for more information.

Nanaimo Paddling & Picnic

Website: <https://sci-bc.ca/event-directory/monthly/>

Organizer: Bert Abbott

Time & Locations:

 **Saturday, July 26th 10:00am-3:00pm**

 **Nanaimo – Long Lake Rowing & Paddling Centre (at Nanaimo Canoe & Kayak Club), 4295 Victoria Ave. V9T 2A1**

Description:

Welcome summer with SCI BC! Whether you're dipping a paddle or digging into snacks, come enjoy a casual day by the lake with friends.

Kayaking is optional, but we think you'll love it! The Nanaimo Canoe and Kayak Club will provide both adapted kayaks with pontoons for those who need extra support, and standard kayaks for others. Have your own kayak? Bring it along!

Everyone's welcome, including peers, family, friends, and clinicians. If you'd like to kayak, please RSVP so we can reserve a spot for you.

Please RSVP to Bert at babbott@sci-bc.ca or +1(250) 616-1186.

MONDAY:

8-9am Seated Adaptive Yoga  **(Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Matthew Sanford**

Intensity: Low Intensity 

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:


Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/2025-07/>

11am-12pm Set for Success 

(PARC)

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Elijah Sun**

Intensity: Low Intensity 

Equipment:

- Soup cans (and tote bag if soup can is too light for you)
- Open-ended resistance band (with/without hand)
- Dowel/pants

Description:

This is a 60-minute low intensity workout class for all PARC participants of all fitness levels. Sets for Success is an excellent way to get back into exercising or to supplement your existing exercise routines. If you would like to get in some light strength training and cardio work, this is the program for you!

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

Zoom ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

3:00-4:00pm Seated Adaptive Yoga 🙏 (Mind Body Solutions)

Website: <https://www.mindbodiesolutions.org/events/category/online-classes/>

Instructor: **Halen & Sarah**

Intensity: Low Intensity 🙏

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodiesolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodiesolutions.org/events/category/online-classes/2025-07/>

3:30-4:30pm Get Wild Dance Class 🕺

(SCI BC)

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🕺

Description:

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID: 954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>

4:00-4:30pm Sit Fit 🧘💰

(BORP)

****\$20 USD Monthly Membership Required****

****No Class on July 28th ****

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Nathan Perkins**

Intensity: Cardio 🧘

Description:

Nathan Perkins, a certified inclusive fitness instructor and former Paralympic athlete, leads this 30-minute class that is a combination of stretches, strength and cardio exercises all done in a seated position with or without weights. Great for all levels of fitness!

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=6>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

TUESDAY:

7:15-8:15am Ambulatory A. Yoga 🧘 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Amy**

Intensity: Low Intensity 🧘

Description:

Our Ambulatory Adaptive Class is for individuals who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/2025-07/>

9-10am Ambulatory A. Yoga 🙏 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Bethany**

Intensity: Low Intensity 🙏

Description:

Our Ambulatory Adaptive Class is for people living with a disability who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/2025-07/>

10-11am Tai Chi & Martial Arts Practice 🙏💰 (BORP)

\$20 USD Monthly Membership Required

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Ralph Somack**

Intensity: Low intensity 🙏

Description:

In this class we will practice a variety of classic qigong exercises followed by selected forms derived from various internal Chinese Martial Arts styles, including Taichi, Hsing Yi and Bagua and Cane self defense. Principles of posture, grounding, intention, awareness, rotational energy, body mechanics and the Mind-Body connection will be examined and put into practice. No prior experience is required and the class can be taken in either the sitting or standing position.

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=6>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

11am-12pm WWAB Boxing 🥊

(WWAB)

****No Class July 1st ****

Instructor: **Jason Nelson**

Intensity: Good cardio 🥵

Equipment:

- Long stick (broom stick or dowel)
- Free weights (soup can etc.)
- Theraband

Description:

These workouts are designed to help with physical strength and functionality in every day life, and focus on: building core strength, cardiovascular health (adaptive Tabata), range of motion and flexibility, functional breathing, coordination and joint and muscle health. Join him and other peers online for these intense and super fun workouts!

Connecting Link or Registration:

Zoom ID: 816 2656 7119 <https://us02web.zoom.us/j/81626567119>

2:00-2:45m Inclusive Functional Strength Training 🙌💰 (BORP)

****\$20 USD Monthly Membership Required****

****No Class July 29th ****

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Raye Kahn** (they/them)

Intensity: Low intensity 🙌

Description:

Trainer Raye Kahn leads this 45-minute intermediate level class that includes a stretching and mobility warm-up, followed by integrative strength training. This class can be performed seated or standing with no equipment, or with home equipment including towels, soup cans, dumbbells, resistance bands, filled water bottles, medicine balls or other kinds of balls.

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=6>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

3:30-4:30pm **ZOOMba** 🤖

(PARC)

****No Class July 1st ****

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Sydney**

Intensity: Good cardio 🤖

Description:

ZOOMba is a 60-minute dance class where we build up intensity for a great cardiovascular workout. Dancing is an amazing way to build strength and cardio in an enjoyable way. We provide modifications for movements to challenge strength and endurance. We will be dancing to songs by Michael Jackson, Queen, Whitney Houston, and more. The class is available to individuals with all abilities and no prior dance experience is required! Join us for this fantastic and fun workout, no equipment is required!

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

WEDNESDAY:

8-9am **Seated Adaptive Yoga** 🙏 **(Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Sarah & Angelique**

Intensity: Low Intensity 🙏

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/2025-07/>

11am-12pm Functional Flow 🙏

(PARC)

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Julie**

Intensity: Low intensity 🙏

Equipment:

- Weights (dumbbells, soup can) & Dowel
- Open-ended resistance band

Description:

In this class, we focus on releasing tension through gentle to deep stretching and learn how to use our breath to help relax both the body and mind. We add some light functional exercises to build strength and flexibility and improve the overall function of your body.

Connecting Link or Registration:

Zoom link: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

12-1pm Adaptive Chair Yoga 🙏

(Connectra)

Website: <https://connectra.org/events/>

Instructor: **Bobbie Seale-Cobisky**

Intensity: Low Intensity 🙏

Description:

This accessible Chair Yoga class will weave together practical breathing techniques with sensitively taught yoga postures and movements to meet the needs of all participants.

Please note that this live event will be recorded and streamed to Facebook and YouTube, where it will remain available for our community to enjoy after the session has ended. Closed captioning for this event will be available on these platforms.

The class will be closed 10 minutes after the start time to prevent class disruption. Please be on time, or you can watch the recording on Facebook or YouTube afterwards.

Connecting Link or Registration:

Link to register here:

<https://us02web.zoom.us/join/join?meetingid=95432957916&pwd=3DaGJmSFdSbkJObTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTq2GkqGQuxd>

3:30-4:30pm **Get Wild Dance Class** 🤪

(SCI BC)

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🤪

Description:

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID: 954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTq2GkqGQuxd>

4-5pm **Ambulatory A. Yoga** 🧘 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Wendy**

Intensity: Low Intensity 🧘

Description:

Our Ambulatory Adaptive Class is for individuals who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/2025-07/>

5:30-6:30pm **Move to the Beats!** 🤪💰

(BORP)

\$20 USD Monthly Membership Required

**No Class July 30th

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **JanpiStar**

Intensity: Cardio 🏃

Description:

This fun, high-energy seated dance class introduces easy-to-follow choreography from a seated position done to Latin and Club dance music. Class is geared towards upper body and core strengthening. Get ready to move!

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=6>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

THURSDAY:

9-10am Seated Adaptive Yoga 🙏 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Molly & Angelique**

Intensity: Low Intensity 🙏

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/2025-07/>

11-11:50am Mindful Movement 🙏💰

(BORP)

****\$20 USD Monthly Membership Required****

****Biweekly— Class ONLY on 3rd, 17th, 31st ****

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Raye Kahn** (they/them)

Intensity: Low intensity 🙏

Equipment:

- Tennis ball or rolled up socks

Description:

Designed to improve everyday movement, this class incorporates visual and vestibular training, joint mobilization, stretching, strengthening and body alignment. If you're dealing with an injury or just want to feel better in your body, this is the class for you. Great for all levels of fitness! Props used include tennis balls or rolled up socks.

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=6>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

11am-12pm WWAB Boxing 🥊

(sponsored by SCI BC)

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **Leo Sammarelli**

Intensity: Good cardio 🥵

Equipment:

- Long stick (broom stick or dowel)
- Free weights (soup can etc.)
- Theraband

Description:

SCI BC Peer, Leo Sammarelli has been boxing for 10 years and teaching adaptive boxing since June 2019. We're excited to announce that he's now leading an online boxing home-workout for Peers!

These workouts are designed to help with physical strength and functionality in every day life, and focus on: building core strength, cardiovascular health (adaptive Tabata), range of motion and flexibility, functional breathing, coordination and joint and muscle health. Join him and other peers online for these intense and super fun workouts!

Connecting Link or Registration:

Zoom details:

<https://us02web.zoom.us/j/83073079597?pwd=a3AwSU5scnE2cFg4SE8rR3paRTZlUT09>

Meeting ID: 830 7307 9597

Dial-in on a **landline** (telephone): call +1 778 907 2071 Canada (the local number for BC), and enter the Meeting ID when prompted: 830 7307 9597

12-1pm Adaptive Fitness

(ConnecTra)

Website: <https://connectra.org/events/>

Instructor: **Julie Meier**

Intensity: Unknown ?

Description:

Add some movement to your routine with weekly Adaptive Fitness with Julie Meier. Julie hopes to pass her knowledge and passion on to others so they can live a happy and healthy life!

Julie is CanFitPro certified and has taught fitness classes for over 15 years. Specializing in older adult fitness and balance and fall prevention, Julie has had the opportunity to work with diverse populations and encourages the joy of movement for every body. Julie has completed her adaptive fitness certification through Ocean Rehab and Fitness.

Please note that this live Zoom event will be recorded and streamed to Facebook and YouTube, where it will remain available for our community to enjoy after the session has ended. Closed captioning for this event will be available on these platforms.

The class will be closed 10 minutes after the start to prevent class disruption. Please be on time, or you can watch the recording on Facebook or YouTube afterwards.

Connecting Link or Registration:

PLEASE REGISTER HERE:

https://us02web.zoom.us/join/join?zmt=ZEv5RMZLTtux3qZOQ4-uLA.1698620993694.88482de6d138c18e264836c67ceffda5&xzm_rhtaid=829

4:00-5:00pm H.I.T.T. at Home 🤖

(PARC)

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Tony**

Intensity: Good cardio 🤖

Equipment

- No equipment needed but small weights can be added if participants want an extra challenge.

Description:

This is a 60-minute high intensity boxing circuit. This program includes a warm-up, 2-20 minute sweaty circuits, and a cool-down. This cardio class is a great option for participants wanting to punch out their frustrations while feeling the burn. There is no equipment needed but small weights can be added if participants want an extra challenge.

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

Dial-in on a landline (telephone)

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID (348-669-6948) when prompted.

FRIDAY:

12-1pm Contemporary Improv Dance

(ConnecTra)

Website: <https://connectra.org/events/>

Instructor: **Janice Laurence** (with All Bodies Dance Project)

Intensity: Unknown ?

Description:

Connect with the joy of movement, self-discovery, and imagination, all from the comfort of your home. Explore and improvise through movement prompts, phrases, shapes, and activities that celebrate the diversity of inclusive community dance. No experience required; everyone is welcome. Move as much or as little as you would like.

These classes are facilitated by Janice Laurence, who is a disabled dance artist, educator, and movement ambassador. Her unique dance practice includes the joyful exploration of using various mobility aids. Janice was born with the neuromuscular disease Charcot Marie Tooth (CMT) Type 1A. She enthusiastically believes that creativity, community, connections, and diversity are our strengths.

A reminder email will be sent before class begins. Participants are encouraged to have their video cameras on as much as possible and Gallery view is useful to be able to see everyone.

The class will be closed 10 minutes after the start time to prevent class disruption. Please be on time.

Connecting Link or Registration:

PLEASE REGISTER HERE:

<https://us02web.zoom.us/meeting/register/tZMlf-ivqj0tGty45bzTWMU665f4VM96N8ve>

4-5pm (Fast Friday) Get Wild Dance Class 🤪

(SCI BC)

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🤪

Description:

Faster Class, Less Break Fridays!

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID: 954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdselB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>

SATURDAY:

8-9am Seated Adaptive Yoga 🙏 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Rodrigo & Angelique**

Intensity: Low Intensity 🙏

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/2025-07/>

SUNDAY:

9-10am Seated A Yoga & Meditation 🙏 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Amanda & Melinda**

Intensity: Low Intensity 🙏

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy,

multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at bethany@mindbodysolutions.org.

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/category/online-classes/2025-07/>

9:30-10:30am Yoga with Diane 🙏

Instructor: **Diane**

Intensity: Low Intensity 🙏

Description:

YOGA with Diane using the MHG zoom room for a good 45 mins. All of the routine will be performed from your wheelchair or in a seated position using a chair. Some of the poses are modified by using a yoga block, yoga strap or tie and wall. It is not necessary to have the equipment; however, it will allow for a greater stretch. Namaste!

Connecting Link or Registration:

Zoom Link:

<https://us02web.zoom.us/j/6042502000?pwd=cnBNeGJWb1N6LzN0RDZwWGc0eE41dz09>

Zoom: ID 604-250-2000 pswd 123