

Movement Made Accessible

A class for people with disabilities,
injuries, or special concerns
--with guidance from Susan Merritt

Susan has taught Yoga for 29 years and worked at the Stroke Center from 2008-2009. She has a gift for adapting movement instruction to help you.

Deepen your awareness and move !



Fridays ~11:00am-12:00noon

\$10....sliding scale available

at a private residence on the Westside

Susan teaches more public classes at her studio, Body & Soul and is also available for private sessions. **Contact Susan Merritt at 335-9140 or susanmerritt@sbcglobal.net**