Parent Social & Support Group

October 2024

Yoga for special needs



FREE!

Kat Veugelers
Lunasol yoga



Wednesday 16th October





Onehunga Community Centre 83 Church Street, Onehunga

Learn about the benefits of yoga and mindfulness, and learn movements you can practice at home, too!

We'll have yoga mats, or bring your own.

Light refreshments will be served after yoga session.

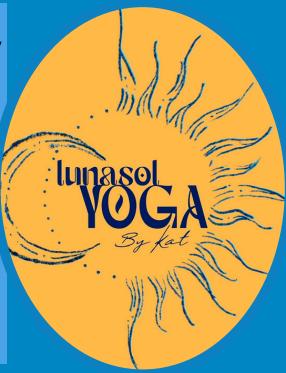
I'm Kat, the founder of Lunasol yoga. My love for yoga started at the age of 15. It allows me to move my body in freeing & natural ways and has both physical and physiological benefits.

New Zealand has been my home for 5 years.

I completed my 300 hour trauma informed training in Auckland in February 2024.

My classes offer a safe & nurturing space for all.

I also have had a career in early childhood and special needs education. Working with individuals with diverse needs is very dear to my heart. I believe yoga to be a place for children and adults to truly embrace who they are, express themselves freely and become confident individuals.



disability connect.

Registration is essential:



admin@disabilityconnect.org.nz



09-636 0351

- · Free event for parents, families, and whanau
- A charge of \$50.00 pp will apply for any disability sector professionals attending