

Parent Social & Support Group

October 2024

FREE!

for families

Yoga for special needs



Kat Veugelers
Lunasol yoga



Wednesday 16th October



6pm to 8pm



**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