



YOGA *for* EVERYONE

SOCIAL STORY



I will arrive at Halifax Yoga for my yoga session with the Yoga for Everyone program.



My yoga instructor, Jess, will greet me.



I can get a mat and set it up in the studio. Jess will tell me anything else that I need.



There is a washroom and water cooler than I can use at any time.



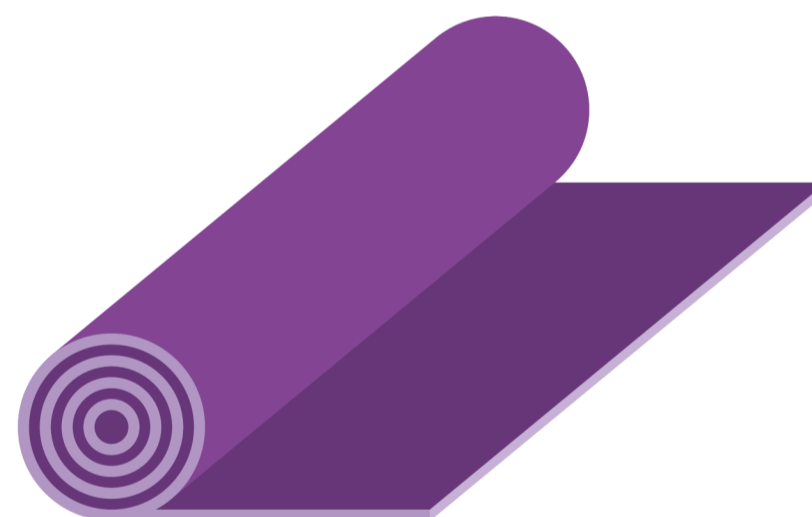
Jess will guide me through the yoga session.



I do not have to do something if it is uncomfortable or I do not want to do it. Jess will give me choice.



When the session is over, I will roll up my mat and put away my yoga equipment.



I will leave the yoga studio.
Yoga for Everyone is now over.

