

MO Family Yoga Class



Please join Missouri Deaf-Blind Technical Assistance Project (MoDBTAP) and Missouri Statewide Parent Involvement Network (MoSPIN) for a free virtual yoga class for families of youth with vision loss, blindness, or deafblindness! Interpreters will be provided.

Special focuses include:

- Methods for including yoga in calendar system
- Signs, symbols, and vocabulary that will frequently be used during yoga sessions
- Advice for using touch cues and formal sign to support your child as they learn and explore various poses

Contact Mandy Clayton (mandy.clayton@msb.dese.mo.gov) with questions.

Class Dates: Mondays, June 7-July 26, 2021
1:30-2:30pm CST

Cost: FREE to individuals on the Missouri Deaf-Blind Census or the MoSPIN registry and their families.

Instructor: Nicole Coglianesse is the owner and instructor of Citra Fitness & Movement in St. Louis. Her experience working with students with deafblindness began with the Texas School for the Blind and Visually Impaired by leading yoga and movement classes. She is a Utah State certified deafblind intervener.

Registration: Please visit the [MO Family Yoga Class Registration*](#) page or scan the link to register. Deadline for registration is May 21, 2021.



citra
fitness & movement

* <https://www.surveymonkey.com/r/MOyoga2021>