



Complimentary Approaches to Better Health
**Free Adaptive Yoga and TaiChi
 Classes**



Offered through a generous grant from:



rimfoundation.org

Adaptive Yoga

RIM Main Campus
 261 Mack Ave, Detroit

Mondays 5:30-6:30

2nd Floor Gym

RIM Novi
 42005 W. 12 Mile Rd, Novi

Fridays 12:00-1:00

Pediatric Gym

RIM Sterling Heights
 33464 Schoenherr, Sterling Heights

Thursday 1:00-2:00

Neuro Gym

RIM at Beverly Hills Club
 31555 Southfield Rd, Beverly Hills

Wednesday 5:30-6:30

**DMC Therapy
 Area**

Adaptive Tai Chi

RIM Main Campus
 261 Mack Ave., Detroit

Thursdays 4:30-5:30

2nd Fl. Braza

Adaptive Yoga and TaiChi classes are taught by healthcare professionals that are trained in adapting Yoga and TaiChi to meet the needs of their students. This class is open to anyone and is tailored to meet the needs of every individual. All levels of experience and ability are welcome.



Contact Rebecca Reibel, PTA, RYT for more information.

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