

Yoga With Jessica

at The Life Enrichment Project



Join us for a welcoming and supportive yoga class designed for individuals of all abilities, including those with ASD, ADHD, and mental health needs.

Date: Monday May 25th 2026

Time: 2pm-3pm

Location: 10201 Yonge St. Richmond Hill

To register or learn more, email us at info@thelifeenrichmentproject.ca



@tlepdayprogram

THE LIFE ENRICHMENT PROJECT
DAY PROGRAM FOR YOUTH AND ADULTS

These classes focus on gentle movement, relaxation, and building body awareness in a calm, inclusive environment. Participants are encouraged to move at their own pace, take breaks when needed, and explore what feels best for their body.

No previous yoga experience is needed. All movements are adaptable, with options for seated, standing, and rest throughout the class.

This is a safe, judgment-free space where you can show up as you are.

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