



Dance and Yoga Programs

Markham

City of Markham Adapted Programs – Adapted Yoga with Hand over Hand

The program aims to create a safe space for youth of all abilities to improve physical and mental health at their own pace. Each attendee is expected to bring their own yoga mat, towel and water bottle. Attendees receive an Adaptive Yoga booklet to track their progress throughout the session.

Ages: 15-55 yrs

All Abilities

905-477-7000 x 3930

Aaniin CC

Inclusion Coordinator

<https://www.markham.ca/wps/portal/home/recreation/programs/general-programs/07-general-programs>

City of Markham Adapted Programs – Dance

This course will explore the basic dance moves for Hip Hop, Zumba, Salsa and Line dancing . Excellent opportunity to meet new people, exercise and have fun. Inclusive to all levels of dance.

Ages: 16+

All Abilities

905-477-7000 x 3930

Milliken Mills CC

Inclusion Coordinator

<https://www.markham.ca/wps/portal/home/recreation/programs/general-programs/07-general-programs>

The Yoga Kids: Adapted Yoga for Families at The Family Education Resource Network

Age-appropriate yoga poses to release energy, develop strength, coordination, concentration and self-confidence. You will participate in games and activities that develop patience and other social/emotional skills, and learn relaxation techniques to calm the body and mind. Adapted yoga classes are taught in a non-competitive manner with emphasis on harmony and optimal effort. During each class students and their guardians will practice simple breathing techniques to reduce anxiety, develop self-control and connect kids with their feelings. Note: Parent

Ages: 4+ yrs

All Abilities



905-927-9276

<http://theyogakids.com>

*/Caregiver participation necessary. Available at various locations.
100761 Victoria Square Blvd.
Suite 201*

Thornhill

Prosserman JCC: Yoga Children

45 minutes of creative, playful yoga specially designed for children with different abilities and special needs.

Ages: 6-12 yrs

All Abilities

905-303-1821 x 3042

https://www.prossermanjcc.com/pjcc_inclusionservices/

4588 Bathurst St. Toronto

karina@srcentre.ca

Newmarket

The Town of Newmarket Special Needs – Wheelchair Dancing

Enjoy learning to lead and follow with style and elegance in the art of wheelchair dance. Creative movement and steps to classic rhythms will be enjoyed by all ages and abilities. Wheelchairs are available for use.

Ages: 16+ yrs

All Abilities

905-953-5300 x 2710

<https://www.newmarket.ca/ThingsToDo/Pages/Recreation%20and%20Culture/Special%20Needs/Special%20Needs%20Fall-Programs.aspx>

Magna Centre

pmcintosh@newmarket.ca



Richmond Hill

The Dance Ability Movement with JCB Danceworks

The Dance Ability Movement includes a creative team of Occupational Therapists, Dance Instructors, and many other qualified health and art professionals. We offer a variety of program options for students of all ages.

10815 Bathurst St.

Ages: All Ages

All Abilities

*Mallory & Jade Ryan
contact@danceabilitymovement.com*

<https://danceabilitymovement.com>

The Yoga Kids: Adapted Yoga for Families at the Open Doorz Club

Age-appropriate yoga poses to release energy, develop strength, coordination, concentration and self-confidence. You will participate in games and activities that develop patience and other social/emotional skills, and learn relaxation techniques to calm the body and mind. Adapted yoga classes are taught in a non-competitive manner with emphasis on harmony and optimal effort. During each class students and their guardians will practice simple breathing techniques to reduce anxiety, develop self-control and connect kids with their feelings. Note: Parent /Caregiver participation necessary. Available at various locations.

10288 Yonge St. Unit 7

Ages: 5-14 yrs

All abilities

info@opendoorzclub.ca

*647-499-115-
<http://theyogakids.com>*



CDG Centre: Kids Yoga

Children are offered a variety of breathing techniques, yoga poses, games and songs to help create friendship bonds, and introduce mindful movement into their lives. Body awareness becomes evident as children learn to balance and move throughout the space around them, shifting from pose to pose.

Ages: All ages

All abilities

905-237-6717

9875 Leslie St.

admin@cdgcentre.com

<http://www.cdgcentre.com/programs/kids-yoga/>

Various Locations – York

**Chance Dance Centre:
Wheelchair Ballroom and
Latin Dance**

Wheelchair Dance: Beginners and all Levels. The mission of Chance Dance Centre is to bring the joys and benefits of partner dancing to the disable world, specifically the physically disabled. Located in Georgina, Newmarket, Markham and Richmond Hill

Ages: All ages

All Abilities

647-223-2623

*Georgina, Newmarket,
Markham and RH*

info@chancedancecentre.com

<http://www.chancedancecentre.com>

**Rec Respite – Storytelling
with Yoga**

The first thought to come to mind is meditation. This is true! Yoga promotes self-regulation and coping through self-awareness. The My Brain program will have already taught the basics of mindfulness to make this program even more fun. Most importantly, challenging yoga poses create a group experience that help us empathetically relate to each other and build relationships..

Ages: All ages

All Abilities

905-813-0336

Various

info@recrespite.com

<https://recrespite.com>



Barrie

Down Syndrome Association of Simcoe
County: Dance

Moving Art Centre for Performing Arts Barrie

<https://www.dsasc.ca/programs.html>

Ages: All Ages

Individuals with Down Syndrome and their siblings

Jstonge705@gmail.com

Alliston

The Dance Ability Movement with the Dance Workshop Alliston

The Dance Ability Movement includes a creative team of Occupational Therapists, Dance Instructors, and many other qualified health and art professionals. We offer a variety of program options for students of all ages.

96 Victoria St. W

<https://danceabilitymovement.com>

Ages: All ages

All Abilities

contact@danceabilitymovement.com

Bradford

The Dance Ability Movement with the Dance Workshop Alliston

The Dance Ability Movement includes a creative team of Occupational Therapists, Dance Instructors, and many other qualified health and art professionals. We offer a variety of program options for students of all ages.

126 Bridge St. Bradford

<https://danceabilitymovement.com>

Ages: All ages

All Abilities

contact@danceabilitymovement.com

Various Locations- Simcoe

Rec Respite – Storytelling with Yoga

The first thought to come to mind is meditation. This is true! Yoga promotes self-regulation and coping through self-awareness. The My Brain program will have already taught the basics of mindfulness to make this program even more fun. Most importantly, challenging yoga poses create a group experience that help us empathetically relate to each other and build relationships..

Various

905-813-0336
<https://recrespite.com>

Ages: All ages

All Abilities

info@recrespite.com