



NW ASSOCIATION  
FOR  
**BLIND**  
**ATHLETES**



Blind &  
Low Vision  
Yoga  
Seattle

**PRESENTS:**  
**YOGA**  
**VIRTUAL PROGRAMMING**

**Who:** Open to individuals of all ages who are blind or visually impaired. Individuals under 18 are encouraged to join the event with an adult.

**Where:** Virtual via Zoom

**When:** Monday, October 26

**Time:** 6:00 pm to 7:00 pm

**Registration is due 2 days in advance of the virtual program.**

**To register, please call or email**

**Tara Rogowsky**

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**<https://nwaba.org/events/>**