

Wellness Days are available for FREE to individuals with disabilities in the state of Colorado. Wellness Days are a new program provided by [The Chanda Plan Foundation](#) on a Tri-annual basis. Each year, "Wellness Days" provides our community with something new while focusing on education of integrative therapies and practicing wellness in everyday life. Our 2009 calendar is the following:



Shasta Bates

BREATHE - Sunday March 29, 2009 at 3PM

The first step in healthy breathing is to become conscious of how we actually breathe. From the perspective of the world's great spiritual traditions, our breath not only brings needed oxygen and other gases to the physical body, but it can also bring, when we are conscious of it, healing. In today's noisy, high-stress and often physically painful world, many of us sit, stand, sleep, speak, act, and move in ways that undermine our breathing and our physical, emotional, and spiritual health - [Dennis Lewis](#)

Join us and learn about how your breathing habits are effected by your disability and how you can exercise breathing in your everyday life, to help with pain, anxiety, sadness or frustration. This day will be presented by Shasta Bates, C. M. T. Visit Shasta's [website](#)



Crystal Hinton

LETS MOVE! - Saturday June 27, 2009 at 3PM

Adapting Yoga for People with Disabilities

For People Living with Disabilities and a Families Member and/or Personal Caregivers

The principles of yoga do not discriminate. This interactive session explores how yoga can travel through ANY body. Participants will gain tips for not only beginning their own practice, but will also learn how yoga can complement - even add to - their healing and recovery process.

Deepening your mind-body relationship is one of the secrets to living well. Precise attention to alignment and

innovative use of props within each individual pose, has made yoga accessible to a much wider range of practitioners, including people living with disabilities. *Connecting mind and body is not only just a health strategy, it is a movement of consciousness that can change the world.* - [Matthew Sanford](#)

