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**ILO and Create Calm Have Been  
AWARDED A GRANT FROM AUTISM SPEAKS  
for a FREE Customized 24-Session Yoga Program**



**For . . . Self-Advocates AND Their Caregivers and Parents from:**

**ILO PODs and ILO's Community Group**

**Arc of DC**

**Down Syndrome Network of Montgomery County (DSNMC)**

***What You Need to Know:***

- **COST?** This Create Calm Yoga program is **fully sponsored by Autism Speaks**. There is no fee for eligible registered participants.
- **INCLUSIVE?** This program is inclusive for individuals with all levels of abilities and developmental disabilities (*18 years of age and older*) and their caregivers/parents. No previous experience required. ***Just come have fun!***
- **WHERE?** Most of the Yoga classes will be held in-person at **Congregation Beth El at 8215 Old Georgetown Road in Bethesda, Maryland**. A few will be virtual. The Zoom link will be provided to registered participants the day before each virtual class.
- **WHEN?** Classes will be taught by certified Create Calm instructors and will take place on designated Sundays. **The first session of 12 classes will run from April 24 to August 7. The second session of 12 classes will run August 14 to November 27.** Classes are 45 minutes on Sundays from 1:30-2:15 pm.

- **REGISTRATION? Registration is required** but you need to only sign up for one session at a time. We encourage attendance for all 12 classes during each session but understand there may be emergency situations where that is not possible. Prizes will be awarded at the end of each session for perfect attendance.
- It is a pretty easy sign-up asking for your name, phone# and email address, as well as an emergency contact. That's it!
- Each person who participates in the program, whether a Self-Advocate or Caregiver/Parent must register separately.

## April 14 - Registration Opens for Session I (April 24 – August 7)

**Be sure to Register by Friday April 22**

**In order to participate in the Sunday, April 24 Class**

### [REGISTER NOW](#)

- **TERMS?** Self-Advocates and their Caregivers/Parents must register and are required to submit short surveys for the 12-week session. *(Help is available if you need it.)*
- **PROTOCOLS?** In-person classes require participants must be fully vaccinated. Masks are optional. Please bring a yoga mat or towel if possible.

Class #	Date	Day	Type	Venue
1	4/24/22	Sunday	In-Person	Zahler Social Hall
2	5/1/22	Sunday	In-Person	Zahler Social Hall
3	5/8/22	Sunday Celebrating MOMs!	<del>In-Person</del> Virtual	Zahler Social Hall Zoom link will be provided to all registrants
4	5/29/22	Sunday	Virtual	Zoom
5	6/5/22	Sunday	Virtual	Zoom
6	6/12/22	Sunday	In-Person	Zahler Social Hall
7	6/26/22	Sunday	In-Person	Zahler Social Hall
8	7/3/22	Sunday	Virtual	Zoom
9	7/10/22	Sunday	In-Person	Zahler Social Hall
10	7/17/22	Sunday	In-Person	Zahler Social Hall
11	7/24/22	Sunday	In-Person	Zahler Social Hall
12	8/7/22	Sunday	In-Person	Zahler Social Hall

**In-Person Classes** - Congregation Beth El at 8215 Old Georgetown Road in Bethesda, Maryland

**Virtual Classes** - Zoom link will be provided to registered participants the day before each virtual class.

[www.ilonow.org](http://www.ilonow.org) | [info@ilonow.org](mailto:info@ilonow.org)