

## YOGA

Yoga relieves stress, works on balance, strengthening and more. Talk with your instructor about your personal goals.

### **The Infinite U**

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provide you with the gifts of peace, calm, stress-relief, balance, and more with this ancient hands-on method of healing touch. Each session lasts approximately 1 hour.

*The Autism Society of Colorado does not endorse or promote any therapy, provider or method. The information we collect is for your convenience and any background or certification checks you require are your responsibility.*

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