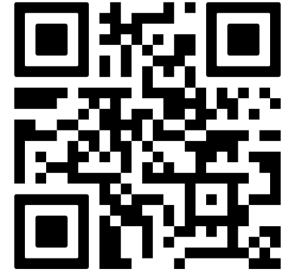


SQUIRREL SPACE



Squirrel-Space is proud to team-up with Jasmine's Beat, a therapeutic recreation company that makes yoga, dance, and meditation accessible to people of all levels and abilities.

What is Recreational Therapy?



According to the National Council for Therapeutic Recreation Certification (NCTRC), Recreational Therapy is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.

The Benefits of Jasmine's Beat



Activities like adaptive yoga, dance, and movement build strength, flexibility, and coordination in a safe, supportive way.



By engaging in fun, accessible activities, participants gain new skills, self-esteem, and a greater sense of personal achievement.



Recreation reduces stress, anxiety, and depression while promoting relaxation, mindfulness and joy.



Group-based recreation fosters friendships, teamwork, and a sense of belonging.