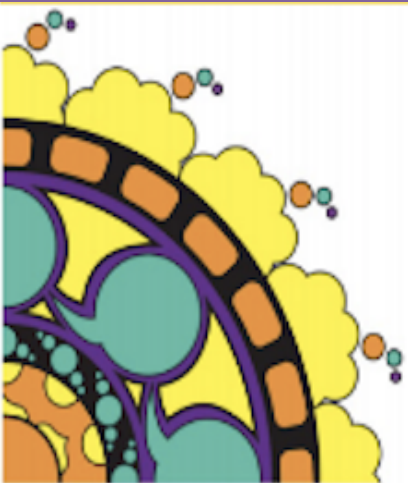


# Circles of Communication

## Virtual Activity Groups for EVERY body

A full schedule of wellness  
classes and special interest  
social groups for teens and  
adults of all abilities



Circles of  
Communication

A private practice that combines  
developmental speech language  
therapy, experiential learning, play,  
yoga, and wellness practices to  
promote confidence, self-expression  
and a love of life-long learning.

[www.circlesofcommunication.com](http://www.circlesofcommunication.com)



# Class Schedule

## MONDAY

9:30am Monday Morning Movement

2pm Disney Chat Club

6pm Grateful Drumming

## TUESDAY

4:15pm Music, Movement & Mindfulness

5pm Art for All Abilities

7pm Superhero Chat Club

## WEDNESDAY

4:30pm Jazz Dance

6:30pm Music Appreciation Chat Club

## THURSDAY

6pm Disney Chat Club

## SUNDAY

10am Adaptive Dance

# SUPERHERO CHAT CLUB

Tuesday  
7-8pm

For teens &  
adults of  
all abilities!

Whether you are curious, or an expert, this club is a space to talk about everything superhero and support each other in exploring how we can be a hero too!

DDD Funding  
Accepted!

WOW!

Taught by Krystal Glushien

Krystal is a kind, sensitive person, and a cheerleader for everyone, with many years of experience working with people of all ages and abilities. She loves to see others reach their dreams, as she plays with her own. Krystal is the creator of FestiQuest, a game played at festivals to provide a game of fun ways to help ourselves and others.

Contact Leah to Register: [yogaforallabilities@gmail.com](mailto:yogaforallabilities@gmail.com) or 908-892-4323  
Learn more about our other classes: [www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)

Circles of  
Communication

Calling All Disney Lovers!

Disney

PIXAR

## Chat Club

For teens and  
adults of  
all abilities!

Monday, 2-3pm

Thursday, 6-7pm

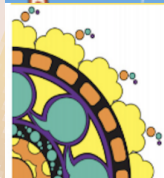
DDD funding  
accepted!

You are invited to chat with  
us about your favorite Disney  
movies in a safe, comfortable, and  
welcoming virtual space (via Zoom)

Taught by Leah Barron

- Over 20 years of experience teaching neurodivergent students
- Certified Special Education Teacher
- Co-Founder of Inclusion Festival
- Certified Yoga Instructor

Contact Leah to Register: [yogaforallabilities@gmail.com](mailto:yogaforallabilities@gmail.com) or 908-892-4323  
Learn more about our other classes: [www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)



Circles of  
Communication



# GRATEFUL DRUMMING

Monday Zoom Classes

3-4pm and 6-7pm

Say "YES" to fun in your life! Drumming with others is an ancient practice that people have used for millennia all over the globe to feel free to connect, heal, learn and celebrate.

No prerequisites - all are welcome! No prior musical experience is necessary - we won't be reading any musical notation, and having a drum is optional. All you need is an open mind and you will leave feeling energized, happy, and connected!

*NJ DDD funding accepted!*

*For teens & adults of all abilities!*

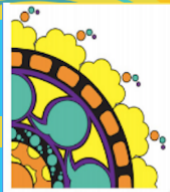


**Taught by  
Joe Ciarvella**

Certified Drum Circle Facilitator with many years of experience facilitating drum workshops and classes for all ages and abilities

Registration or Questions: [yogaforallabilities@gmail.com](mailto:yogaforallabilities@gmail.com) or 908-892-4323

Learn more about our other classes: [www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)



Circles of  
Communication

# MONDAY MORNING MOVEMENT

Monday  
9:30-10:30am  
via Zoom

Together we'll enjoy an hour of yoga-inspired movement and breath work to kick off the week.

*DDD funding accepted!*

*For teens & adults of all abilities!*

**Taught by  
Lisa Mo**



An inclusive, nature-loving, down-to-earth, independent 200-hr Registered Yoga Teacher

Registration or Questions: [yogaforallabilities@gmail.com](mailto:yogaforallabilities@gmail.com) or 908-892-4323

Learn more about our other classes: [www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)



Circles of  
Communication



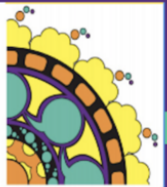
# ART FOR ALL ABILITIES

Tuesday, 5-6pm  
via Zoom

For teens  
& adults of  
all abilities!

The process of making art allows us to tap into our inner creativity, and supports us in letting go of our worries, thoughts, and stresses. This class is all about the journey, it's the process that matters, not the destination or product.

DDD  
funding  
accepted!



Taught by  
Lindsay Jamison



Lindsay is a visionary artist and holistic wellness educator. She bridges art with ancient wisdom traditions to support the community in positive lifestyle transformation.

Learn more about our other classes:  
[www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)



[yogaforallabilities@gmail.com](mailto:yogaforallabilities@gmail.com)  
908-892-4323

# MINDFULNESS MOVEMENT & MUSIC

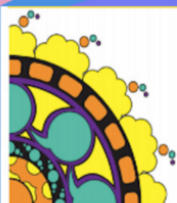
Tuesday, 4:15-5:15pm  
via Zoom

Develop greater body awareness, strength, physical and mental flexibility, confidence, self regulation, and self expression!

Learn strategies to help you feel more calm and relaxed.

For teens  
and adults of  
all abilities!

DDD funding  
accepted!



Circles of  
Communication

Taught by  
Leah Barron

Over 20 years of experience teaching students of all ages and abilities; Certified Special Education Teacher; Co-Founder of Inclusion Festival; Certified Yoga Instructor

Registration or Questions: [yogaforallabilities@gmail.com](mailto:yogaforallabilities@gmail.com) or 908-892-4323  
Learn more about our other classes: [www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)



# DANCE CLASSES FOR EVERYONE

JAZZ DANCE Wednesday, 4:30pm

ADAPTIVE DANCE Sunday, 10am

*For teens & adults of all abilities!*

These adaptive dance classes are taught by Sofia Blasco from The Dancer Movement. Classes will consist of a movement warmup, basic dance concepts and skills, and will finish with learning and practicing a fun dance combination. Classes will be modified as needed, and will include options for seated participation. All abilities are welcome!

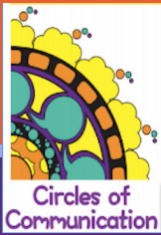
*DDD funding accepted!*

**Taught by Sofia Blasco**

Sofia is an alumni of Marymount Manhattan College with a Bachelor of Fine Arts in Dance. Sofia was inspired to start The Dancer Movement Corp through her desire for dance and her belief that everyone can and should have the opportunity to experience the art of dance.

Learn more about our other classes:  
[www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)

[yogaforallabilities@gmail.com](mailto:yogaforallabilities@gmail.com)  
908-892-4323



# Music Appreciation CHAT CLUB

Conversations and sharing about your favorite bands and music in a safe, comfortable, and welcoming virtual space via Zoom

Every Wednesday  
6:30-7:30pm

*For teens and adults of all abilities!*

*DDD funding accepted!*

**Taught by Leah Barron**

- Certified Special Education Teacher
- Co-Founder of Inclusion Festival
- Certified Yoga Instructor
- Over 20 years of experience working with students of all ages and abilities

Contact Leah to Register: [yogaforallabilities@gmail.com](mailto:yogaforallabilities@gmail.com) or 908-892-4323  
Learn more about our other classes: [www.circlesofcommunication.com/events](http://www.circlesofcommunication.com/events)

