

The Heroes Circle – Martial Arts

Transitions, Recreation & Life Skills

What?

The Heroes Circle program, delivered by specially trained black belt martial artists, teaches children breathing, visualization, and relaxation techniques, in addition to traditional martial arts moves. Sensei Michael Percival from the Heroes Circle will guide the group through traditional and modified karate moves along with activities designed to introduce strategies for reducing stress and/or coping with pain while exploring the power of the mind body connection.



The Heroes Circle is partnering with Holland Bloorview to offer a series of Heroes Circle sessions to clients of all abilities.

When?

Thursdays, 5:00-6:00pm

November 7 – December 19th, 2024

***No Class on November the 28th ***

Who can join?

- Holland Bloorview clients ages 7-14 years
- Someone who can participate in 60 minutes of physical activity (with breaks)
- Can follow simple 1-2 step instructions
- Can attend to each task for a minimum of 5 minutes

Where?

Holland Bloorview Kids Rehabilitation Hospital
Gymnasium 0W300

Cost: FREE *This program is generously being offered by The Heroes Circle*

Registration: Participants must register and complete an intake with the Therapeutic Recreation Specialist to participate in this program.

To register, please contact:

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A teaching hospital fully affiliated with the University of Toronto

Holland Bloorview

Kids Rehabilitation Hospital