



SESSEL-YOGA

Sanftes Yoga für alle

GRATIS SCHNUPPERN (BITTE ANMELDEN)

MITTWOCH, 4. SEPT. 2019, 10.30 UHR
IM LAKESIDE YOGA STUDIO, HAUPTPLATZ 29,
NEUSIEDL AM SEE

YOGA KANN FÜR ALLE MENSCHEN SEHR BEREICHERND SEIN,
unabhängig von Alter oder körperlicher Verfassung. In diesem Kurs machen wir
alle Übungen auf Sesseln sitzend oder im Stehen. Das macht Yoga auch für
Menschen zugänglich, die sich gerne ein wenig bewegen und entspannen, aber
nicht am Boden üben können oder wollen: **im Alter, nach Verletzung oder bei**
Erkrankung. Für AnfängerInnen und Erfahrene geeignet. (Die erlernten Übungen
lassen sich auch 1:1 im **Büroalltag** umsetzen!)

CLARA MAIER ist zertifizierte Fitnesstrainerin & Yogalehrerin aus Mattersburg.

Herbstkurs: max. 15 Teilnehmer_innen. Dauer ca. 75 Minuten. Kursbeitrag für 15
Einheiten: **EUR 170.-** Späterer Einstieg ggf. möglich, wenn Plätze frei sind.
(Einzeleinheit: EUR 17.-) **Der Termin wird gemeinsam mit den InteressentInnen**
festgelegt.

Anmeldung über 0677 61209971, office@lakesideyoga.at bzw. persönlich im
Studio.

Photos and Graphics

Make sure that all your objects, photos, and graphics are inline with text unless they're supposed to go behind the text:

- To make objects, photos, and graphics inline with text, just right click and select More Layout Options > Text Wrapping, then choose In Line With Text.
- If you have an object, photo, or graphics that have to go behind the text, put it into the header layer so it doesn't confuse users who are blind or who have low vision. To do this, go to Insert > Header > Edit Header, paste your object, then right click and select More Layout Options > Text Wrapping and choose Behind Text.

Some people can't see certain colors, so text and tables need to pass a test that measures these color differences. You can download a color contrast analyzer from the web. To test using this tool, just select the color foreground and background you need and see if it passes!

Content Controls

Users who are blind or who have low vision have screen readers that read out all the content for them. That's why it's important to put all your text into content controls with settings that are correct for screen readers.

To find out more about how to use content controls, please visit the [Microsoft site for content controls](#).

If you're already comfortable with controls and just need to know the Accessibility settings for them, here you go:

- Controls need to have a **Title** and **Tags** added in the control properties and they need to end in a colon with no space, as you can see in the examples in this template.
- Only rich text content controls are allowed. For example, form controls like date pickers are not accessible.

Alternative Text

All your pictures and tables need appropriate descriptive alternative text (known as "alt text") that don't use the words "photo" or "graphic". For example, the alt text for the first photo in this template says "Green grass".

- To set your alt text on a photo or object, right-click on it and select **Format Shape > Layout and Properties > Alt Text**. There are 2 fields for alt text, **Title** and **Description**, and different screen readers read them differently.
- To set alt text for a table, select the table and right-click it, then go to **Table Properties > Alt Text**.

Learn More

More questions about Accessibility? [Click here to visit the Word Accessibility support page](#).