

CHAIR YOGA CHANDLER



Yoga is an ancient discipline in which physical postures, breath practice, meditation and philosophical study are used as tools for achieving liberation. When Yoga is done on chairs, it allows for a more inclusive experience for all. Yoga gurus to beginners are welcome for this free class. Namaste.

Chandler

685 S. Dobson Rd., Chandler, AZ 85224

10am-11am

Every Wednesday

Please contact the ICRC Integrative Service Department @ 480-314-6660 for additional information.