

# CHAIR YOGA SCOTTSDALE



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.

Scottsdale

8880 E. Desert Cove Ave., Scottsdale, AZ 85260

1-2pm

2nd and 4th Friday on the Month

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