

CHAIR YOGA GLENDALE



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 to attend this free class.

Namaste.

Glendale

5810 W. Beverly Lane, Glendale, AZ 85306

1pm-2pm

1st and 3rd Friday of the Month

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