



YOGA WITH CHRISTY SHAFT, PT

45-minutes of gentle flow movement and breath work, dynamic stretching, balance exercises, mobility, and lymph fluid circulation.

You will learn practical breath techniques that empower you to manage various situations outside of class with ease. Join us and embrace the transformative power of movement and breath!

Every 2nd and 4th
Tuesday of the month:
10:00 am to 10:45 am

Ironwood Scottsdale
Activity Room:
8880 E. Desert Cove Ave.,
Scottsdale, AZ 85260

UPCOMING CLASS DATES: APRIL 8TH, APRIL 22ND,
MAY 13TH, AND MAY 20TH INSTEAD OF MAY 27TH

To RSVP, please email wellness@ironwoodcrc.com, or call (480) 314-6660