CHAIR YOGA

A gentle form of seated yoga on a chair and some standing yoga using a chair for support. All levels and ages welcome!

Monday & Thursday 10:30am–11:30am

When Monday is a *holiday*, class will be cancelled.

 10 Class Pass
 \$95

 5 Class Pass
 \$50

 1 Class
 \$12

First Closs FRE

* tickets do not expire
* if you already have tickets, you may use those

200 hours Yoga Training / 100 hours Yoga Therapy & Remediation Training 🔀 yaekok13@gmail.com