

January 24 - May 30, 2019

Chair Yoga, by donation

Company: Keoni Movement Arts

Venue: Cameo Studios

Location: New York, NY

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Paul Keoni Chun

Chair Yoga is a gentle practice designed to be accessible for seniors and those with disabilities. The Chair is used as the main yoga prop. Ideal for individuals who cannot easily get down onto the floor. So that we can be accessible to dancers, this class is offered on a "by-donation" basis.

Keoni Movement Arts
307 W 43rd St. @ 8th Ave. Studio B
New York, NY, 10036
2126439013

<http://www.keonimovementarts.org/class-payment/spring-chair-yoga-teensadults-thursdays-xf2ax>

Schedule

January 24, 2019: 5:15pm

January 31, 2019: 5:15pm

February 7, 2019: 5:15pm

February 14, 2019: 5:15pm

February 21, 2019: 5:15pm

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