January 24 - May 30, 2019

Chair Yoga, by donation

Company: Keoni Movement Arts
Venue: Cameo Studios
Location: New York, NY

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
more