

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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[< back](#)

[previous listing](#) • [next listing](#)