

Sunday, May 23, 2021

MoveMEANT Weekend: Yoga Therapy

Company: Dancers Unlimited
Venue: Ka Wai Wai Ma Nu'uanu
Location: Honolulu, HI

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Welcoming our community members (YOU) to join us for a weekend of dancing, movement, and community-building. All dance backgrounds and levels are welcome.

12:30pm-1:30pm HST / 6:30pm-7:30pm EST

Yoga Therapy

Virtual & In-Person at Ka Wai Wai Ma Nu'uanu

Class will be based on the Ashtanga Primary Series, also known as Yoga Chikitsa. Yoga Chikitsa is also known as Yoga Therapy, whereas the series cleanses and heals the body. The class will go over meditation, proper breath for movement, different spinal movements, functional mobility, and alignment for postures.

Teacher: Danny Wu

li??n-Person Capacity: 5

Fees are sliding scale:

\$10-25 per class / event

\$40-\$100 all access

Scholarships available

Class address and Zoom Links will be emailed to you 1 day before the event.

Dancers Unlimited
1110 University Ave
Honolulu, HI, 96826
https://dancers-unlimited.square.site/product/movemeant-weekend/76?cp=true&sa=false&sbp=false&q=false&category_id=18

Schedule
May 23, 2021: 6:30pm

[< back](#)

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