



Chair Yoga

with **Tiare Bourget**

Tiare is a Hawaiian Dancer and Yoga Therapy Teacher. She specializes in accessible, senior-centered programs including chair yoga with mindfulness meditation.

TUES
MAR 24

2:00-3:00 P.M.

Kemet House

Sponsored By:



ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
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