



TUESDAY

APR 21

11 AM - 12 PM

Gethsemane
Community Fellowship
1317 E Brambleton Ave
Norfolk, VA 23504

Chair Yoga Fitness

with **Tiare Kahana**

Tiare Kahana is a Yoga Therapy teacher and a Hawaiian Dancer.

She specialized in accessible, senior-centered programs. She integrates mindfulness meditation and relaxation on her classes.

Seniors Aging Gracefully

Sponsored By:



ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
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