



Chair Yoga

with Tiare Kahana

Hawaiian Dancer and Yoga Therapy Teacher Tiare Kahana has been a performing and teaching artist since 2006. She enjoys sharing the Spirit of Aloha and the joy of body-mind-spirit wellness. She specializes in accessible, senior-centered programs.

TUESDAY

APR 28

2 PM - 3 PM

Grace Place
Community Center

Sponsored By:



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