



# 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**

11:30 AM -  
12:30 pm

Kemet House  
Community Center

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