

Chair Yoga

A gentle yoga ideal for seniors, beginners, or those with decreased mobility. Yoga can improve flexibility, circulation and balance. Open to registered clients or patients of DAP.



Facilitated by Joey Carman

Wednesdays on Zoom

12:00 – 1:00 p.m.

[Meeting ID: 199 451 533](#)

Passcode: 121217



Desert AIDS Project

Contact Cory Pulver
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for group information