



Mindful Movement

Each class focuses on integrating yoga-based postures, breath work, and mindful movement to improve the strength and stability of those with scoliosis or other structural differences.

Adolescent Workshop (ages 12+)
Saturdays 10-10:50am

Children's Workshop (ages 7-11)
Saturdays 11-11:30am

Callan-Harris Physical Therapy Clinic
1328 University Avenue

**Ask the front desk about our new class card system. Purchase a single, 6, or 12 class pass.
Good for 1 year!*

