

Mindful Movement

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

**Children/Teen's Class:
Saturdays 9:15-10 am**

Starting 9/16/23

Callan-Harris Physical Therapy Clinic
1328 University Avenue

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