



# 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 9:00-9:45 am**

Starting 1/20/24

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 6 months - 1 year!*

