

YOGA, TAI CHI CLASS

Yoga Tai Chi - Choose a date and join our 10:00am class to heal and renew yourself. Aligning body, mind, and spirit, to create health and happiness. We offer a holistic approach that combines multiple Eastern disciplines. Our unique blend of qigong, tai chi, and meditation is designed to harmonize body, mind, and spirit, making our practices accessible and adaptable to individuals of all fitness levels. - Monday - Wednesday - Friday 10 AM - 11 AM Reserve your spot: 928-282-8578

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