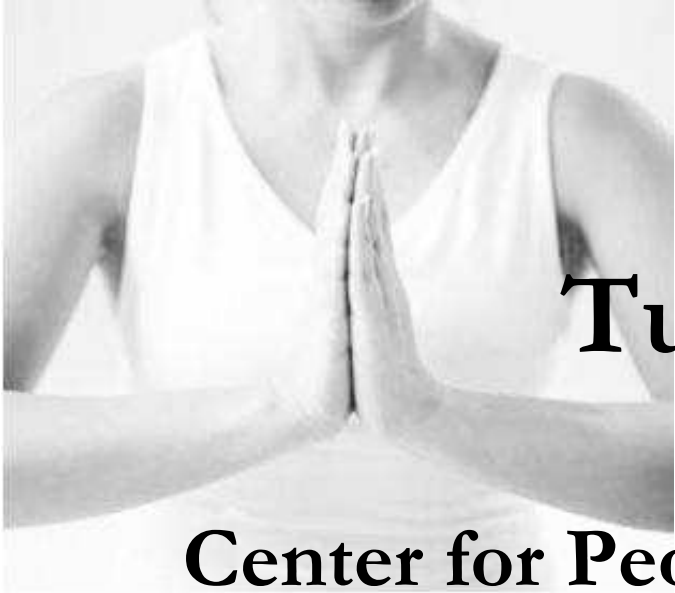


# yoga in chairs



**Tuesdays 2-3 pm**

**Center for People with Disabilities**  
1675 Range Street (off Arapahoe) in Boulder

**FREE** for people with disabilities

Weekly drop-in classes

Please email or call to register:

[francesca@cpwd-ilc.org](mailto:francesca@cpwd-ilc.org)

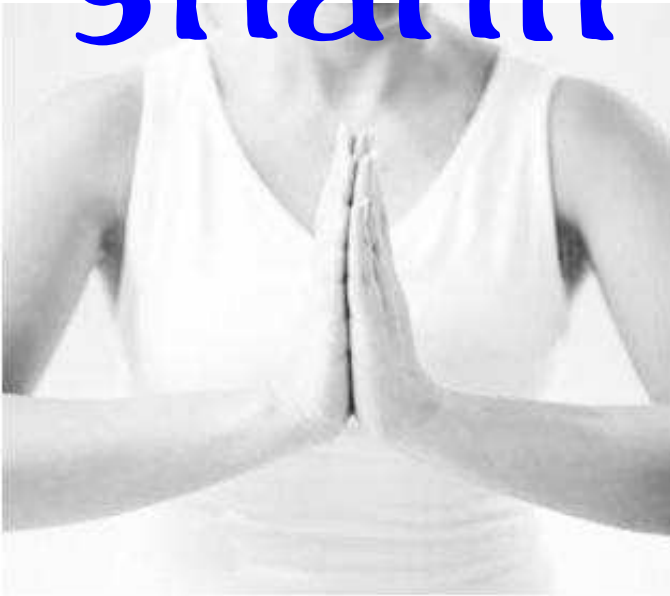
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with  
practice member

**Francesca Nicosia, CYT**

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- ☸ Yoga for people with limited mobility
- ☸ Boulder and Louisville locations

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