

Promoting the wellness,
recovery, and resilience of
adults experiencing disabilities.



Megan Zaback LMT, CYT (MA#60343820)
Licensed in massage and certified yoga instructor, with an extensive background in leading meditations, expressive movement, sound, and energy healing.

Chair Yoga

Gentle chair yoga for adults and young adults (18+) to stretch muscles, focus on breath, and increase mid-body awareness. Modifications will be made to fit you and your body's needs.

Find some time to unwind and get connected to your body, breath, and the beauty of who you are! Wear comfortable clothes that are easy to move in.

 TACID Center Tues & Thurs: 10:30-11:30am

For more information, please email megan@tacid.org

