

Come Experience Embody Yoga at AICA!

We offer a variety of yoga classes for all levels

Chair Yoga Tuesdays 4:00 - 5:00

Anyone can practice yoga with the assistance of a chair, regardless of mobility level. This practice is meant to feel accessible for your body. You will focus on deep breathing, some movement, and gentle stretching.

Level 1 Yoga Tuesdays 5:30 - 6:30

Vinyasa Flow (Level 1 Yoga) is a style of yoga that syncs movement with breath.

Throughout this practice you will hear cues for both breath, and movement at the same time in order to create a rhythm and flow for the practice.

Gentle Yoga Wednesdays 10:00 - 11:00


In this practice you stay low to the ground and complete a variety of exercises that will focus on opening up the hips, lengthening the hamstrings, and give you a little bit of mobility through spine.


Free classes for Natives & Native households. Ages 18+. Male or female.


We offer Yin Yoga on the 3rd Monday of each month (unless it is a federal holiday), and we offer Restorative Yoga quarterly.




Come and try out a yoga class at our Wellness Center!

 AICA Wellness Center
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 <https://www.aicamilwaukee.com>