

May 30 - June 30, 2014

Daily Yoga Classes with The Perri Institute for Mind and Body

Company: Gibney Dance at 280 Broadway, NYC
Venue: Gibney Dance at 280 Broadway
Location: New York, NY

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Photo by Sophie Kuller

Gibney Dance is happy to partner with The Perri Institute for Mind and Body to offer daily yoga classes at our 280 Broadway location geared towards performers of all levels. Classes are offered everyday starting at 8:30am and finishing with a final class at 6:30pm. Don't have time to make a yoga class? Feel free to stop in for a half hour guided meditation session.

--> Find more information on specific times and teachers visit our class schedule. <http://www.gibneydance.org/explore-classes/class-schedule/>

All yoga classes taught by the Mind Body Dancer (MBD) teachers of The Perri Institute for Mind and Body are rooted in a safe, alignment-based, breath-focused, vinyasa style and are appropriate for anybody interested in cultivating sustainable pathways of the body and mind. Classes are thoughtful and detailed, educational and expressive, as they flowingly pair energetic imagery and anatomical themes.

Gibney Dance at 280 Broadway, NYC
280 Broadway Entrance at 53 Chambers
New York, NY, 10007

Schedule
April 22, 2014: 8:00pm

[< back](#)

[previous listing](#) • [next listing](#)