

October, 5-9, 2021

## Emerge125: Morning Yoga and Meditation with Karen More

Company: Emerge125

Venue: ZOOM

Location: New York, NY

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Kinetic Kinship class; Karen had an eighteen-year career as a professional dancer touring nationally and internationally with modern dance companies and musical productions. Her intention as a teacher is for every person to feel seen, heard, understood, and empowered through the practice of yoga and mindfulness.

Class Price: \$13

Workshop Price: \$34

Emerge125  
8 W 126th Street  
New York, NY, 10027  
<https://kinetickinshipddc.corsizio.com>

Schedule  
October 5, 2021: 9:00am  
October 7, 2021: 9:00am  
October 9, 2021: 10:00am

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