

Wednesday, November 5, 2014 - Wednesday, May 6, 2015

First Class \$5 YOGA FOR EVERYDAY PEOPLE

Company: Dance Theatre of Harlem
Venue: Dance Theatre of Harlem
Location: New York, NY

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Judy Tyrus

Come and escape from life's stressors in this beginner Yoga class designed for everyday people. Learn to strengthen and stretch your body gently to improve overall physical and mental balance. Namaste....

Attire: Loose fitting, comfortable workout clothing. Bare feet or socks. Don't forget your Yoga mat!

Wednesdays, 7-8pm

\$5 for your first class! Already took your first class? Bring a friend and get another class for only \$5!

Dance Theatre of Harlem
466 West 152nd Street
New York, NY, 10031
2126902800
<http://www.dancetheatreofharlem.org/school/open-classes>

Schedule
November 5, 2014: 8:00pm

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