

January 28 - May 13, 2015

Integral Yoga

Company: Abrons Arts Center
Venue: Abrons Arts Center
Location: New York, NY

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Integral yoga is a system of hatha yoga that is holistic. This class begins with centering and sound vibration, postures, guided deep relaxation, breathing practices and a brief meditation practice. Bringing students in touch with the physical and the subtle aspects of themselves, learn meditation through focusing on breath and body awareness. Non-competition is encouraged both individually and with others. It is a journey of bringing ease to the body and peace to the mind. Please bring your mat!

Teaching artist-Dianne Galliano

Abrons Arts Center
466 Grand St.
New York, NY, 10002
212.598.0400x209
<http://reg127.imperisoft.com/AbronsArts/ProgramDetail/3134393738/Registration.aspx>

Schedule
January 28, 2015: 6:00pm

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