

October 10 - December 26, 2017

Mind Body Dancer® Yoga w/ Elise Marafioti

Company: Mark Morris Dance Center
Venue: Mark Morris Dance Center
Location: Brooklyn, NY

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Mind Body Dancer® Yoga, as developed by TaraMarie Perri, is an alignment-based, breath-focused style of yoga 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. Warming up, foster the breath as the meeting ground for physical and mental clarity. Continue with steadily paced postures to build heat and safely connect to each pose's benefits. To round out a comprehensive Mind Body Dancer yoga class, find grace in transitions between stillness and wind down with restorative postures and mind relaxation techniques. New practitioners create stable foundations, experienced yogis refine and re-connect, and those in between explore and experiment within the range of your body and mind's remarkable capacity.

Mats and props are included, or feel free to bring your own.

Tuesdays 7:30 - 8:30pm

Instructor: [Elise Marafioti](#)

Mark Morris Dance Center
3 Lafayette Avenue
Brooklyn, NY, 11217
718.624.8400
http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Yoga/Mind-Body-Dancer-Yoga?utm_source=dancenyc&utm_medium=website

Schedule
October 10, 2017: 7:30pm
October 17, 2017: 7:30pm
October 24, 2017: 7:30pm
October 31, 2017: 7:30pm
November 7, 2017: 7:30pm
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