

Saturday, June 29, 2019

## MindLeaps Wellness: Yoga and Dance

Company: MindLeaps  
Venue: Baryshnikov Arts Center  
Location: New York, NY

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Join us for a morning of yoga and dance in support of MindLeaps work in Africa. The morning will begin with a half-hour Vinyasa Flow class led by yoga instructor Caitlyn Casson. Executive Director Rebecca Davis will then teach 30 minutes from the official MindLeaps dance class, where you will experience first-hand how MindLeaps uses dance to build cognitive and social-emotional learning skills in vulnerable youth. The morning will conclude with conversation and refreshments with LaMar Baylor, MindLeaps dance teacher and dancer in The Lion King on Broadway.

MindLeaps  
450 W 37th Street 4th floor  
New York, NY, 10018  
6469021295  
<https://mindleaps.ticketleap.com/mindleaps-wellness/details>

Schedule  
June 29, 2019: 11:00am

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