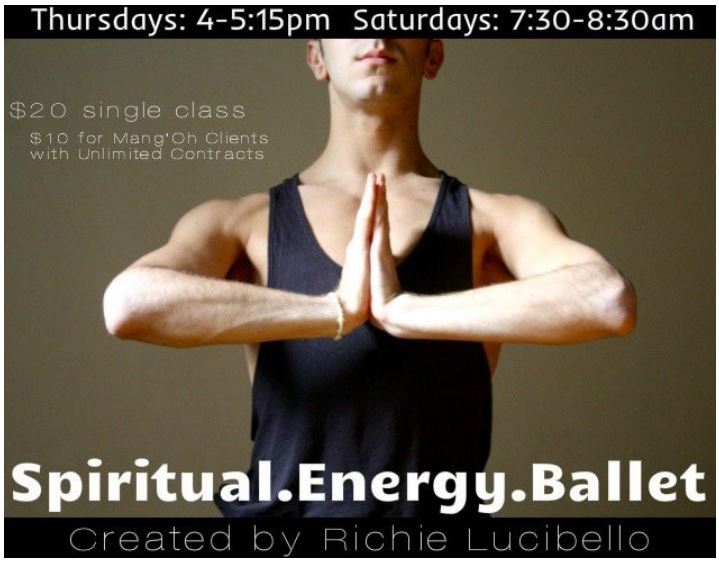
February 5 - March 26, 2015

Spiritual.Energy.Ballet

Company: Private Instructor
Venue: Mang'Oh Yoga
Location: New York, NY



Sarah Badham

SEB is an uniquely designed class meant to restore, rejuvenate, and strengthen the mind, body, and soul. Combining the practices of yoga & Pilates with dance, concentrated breathing, and meditation. E-mail Richie.SEBNYC@gmail.com for more info and reservations.

Private Instructor
322 East 39th Street
New York, NY, 10016

Schedule
February 2, 2015: 8:00pm