

February 7 - March 28, 2015

Spiritual.Energy.Ballet

Company: Richie Lucibello, Private Instructor
Venue: Mang'Oh Yoga
Location: Far Rockaway, NY

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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. Hosted at Mang'Oh Yoga studio, please e-mail Richie.SEBNYC@gmail.com for more info and to make reservations.

Richie Lucibello, Private Instructor
322 East 39th Street
Far Rockaway, NY, 11691

Schedule
February 2, 2015: 8:00pm

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