

October 7 - December 30, 2017

## Stretch and Core Strengthening w/ Nicole Restani

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

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Wake up your body with a 45-minute open level morning yoga stretch class. With an emphasis on breath, this class is a relaxing way to rid yourself of any aches and pains and stretch the major muscle groups of your body.

Saturdays 9:00 - 10:30am

Instructor:

[Nicole Restani](#)

Mark Morris Dance Group  
3 Lafayette Avenue  
Brooklyn, NY, 11217  
718.624.8400  
[http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Stretch?](http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Stretch?utm_source=dancenyc&utm_medium=website)  
[utm\\_source=dancenyc&utm\\_medium=website](http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Stretch?utm_source=dancenyc&utm_medium=website)

Schedule  
October 7, 2017: 9:00am  
October 14, 2017: 9:00am  
October 21, 2017: 9:00am  
October 28, 2017: 9:00am  
November 4, 2017: 9:00am  
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