

February 23 - June 15, 2015

## Yo-Dan-Nastics™ (blend of yoga, dance, and gymnastics) FREE TRIAL CLASS

Company: Keoni Movement Arts

Venue: DaNY Studios

Location: New York, NY

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John Quincy Lee

Yo-Dan-Nastics™ is a unique blend of Yoga, Dance, and Gymnastics that provides a great cross-training workout for the body, mind and spirit. This class begins with a yoga and dance based warmup and builds up to basic tumbling moves. Expand your movement vocabulary to improve your auditions and choreography, and develop calm and concentration to help all areas of your life. 15-class series begins Monday, Feb. 23rd, 6 - 7pm. Price: \$10 per class or \$120 for entire series. (special series rate of \$30 for low-income dancers – conditions apply.) *Free first class trial.*

Keoni Movement Arts  
305 West 38th St.  
New York, NY, 10018  
212.643.9013  
<http://keonimovementarts.org/classes/>

Schedule  
February 23, 2015: 6:00pm

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