

September 17 - December 24, 2025

Yoga Flow w/ Gina Cunningham

Company: Taylor Center for Dance Education
Venue: Taylor Dance West
Location: New York, NY

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Wednesdays 6:00-7:30pm

Class Description:

Class begins with a thoughtfully sequenced flow to create heat and move energy through the body. After a warmup, students can expect to practice sun salutes followed by longer held standing and balancing poses, arm balances and inversions. Then the class shifts to quieter practices including restorative postures and guided meditations. This practice is designed to create feelings of energetic balance and restoration.

Bio:

Gina has been teaching yoga since 2005. Initially attracted to the physicality of yoga asana, over time, her focus and interests evolved to include the more subtle and contemplative aspects of yoga and other mindfulness-based practices. Knowing that yoga is a personal practice, even in a class setting, Gina creates a warm, welcoming environment for her students and encourages them to explore and trust what arises for them while on their mat. A yoga educator as well as a Reiki Master, Gina is a long-term resident of the Upper West Side. When she's not on her mat, you can probably find her in a café or in Central Park.

Taylor Center for Dance Education
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646-214-5807
<https://clients.mindbodyonline.com/classic/ws?studioid=463013&stype=-7&sTG=59&sView=week&sLoc=0>

Schedule
September 17, 2025: 6:00pm
September 24, 2025: 6:00pm
October 1, 2025: 6:00pm
October 8, 2025: 6:00pm
October 15, 2025: 6:00pm
[more](#)

[< back](#)

[previous listing](#) • [next listing](#)