Monday, September 16, 2019 - Monday, September 7, 2020

Yoga Flow w/ Sing

Company: RIOULT Dance Center
Location: Queens, NY

Yoga Flow is a mindful creative blend of traditional and contemporary variations of flowing yoga postures (asanas), breath-work, and functional strength and flexibility movements. This class allows time and space to find more balance and spaciousness in the body/mind, and compassionate connection to oneself.

RIOULT Dance Center
34 Steinway St
Queens, NY, 11101
(212)398-5901
https://www.rioult.org

Schedule
September 16, 2019: 9:00pm
September 23, 2019: 9:00pm
September 30, 2019: 9:00pm
October 7, 2019: 9:00pm
October 14, 2019: 9:00pm
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