

June 22 - July 13, 2018

Yoga For Dancers

Company: Yoga to the People II

Venue: Yoga to the People II

Location: New York, NY

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Yvonne K. Hernandez

Vinyasa Flow based classes utilizing traditional asanas blended with classical and contemporary techniques. No mirrors, no choreography, no competition. Just you, your mat, your body, and your breath! When external demands are high, we must learn to care for and balance our internal space to best fulfill our artistic expressions.

Yoga to the People II
12 St Marks Pl #4R
New York, NY, 10003

Schedule
June 22, 2018: 10:00am
June 29, 2018: 10:00am
July 6, 2018: 10:00am
July 13, 2018: 10:00am

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