

Saturday, August 1, 2015

Yoga for Dancers--On the Beach!

Company: Coney Island YMCA

Venue: Coney Island Beach

Location: Brooklyn, NY

► [Share](#) | [Print](#) | [Download](#)



This free, all levels yoga class is being held on the Beach in Coney Island! This class focuses on increasing strength, body awareness, flexibility, and the linkage of breath to movement. Invite yourself to come home to your body through a mind-body connection. Beginners are welcome and encouraged!

Held on the beach in Coney Island, Brooklyn, at W. 29th St. Take the DFNQ to Coney Island, and either walk west to 29 St., or hop on the B36 bus to 29 St. and Surf Ave. Class is 60 minutes long, from 2-3pm. Bring a mat or towel and wear clothes you can move freely in.

Coney Island YMCA
West 29 St.
Brooklyn, NY, 11224

Schedule
August 1, 2015: 2:00pm

[< back](#)

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