March 30 - April 30, 2020

YogaDance Magic Classes! with Movement Magic

Company: Movement Magic
Venue: Your home!
Location: New York, NY

Photo by Jyotirmoy Gupta on Unsplash

45 minutes • $15/Donation
OR FREE for those experiencing financial hardship due to the pandemic

Welcome to YogaDance with Miss Mary Ellen!
Zoom link and password upon ticket registration

Limited class size to maintain individual attention
Recommended ages 3-8 years old.
approx. 40 min.

Come YogaDance with me!

Needed for class:
Computer and Zoom account! That's it!

This class includes:
Intro of Miss Mary Ellen & your Magic Kids!
Breathing Practice
Body Energy awareness Practice (body ID/sensory stimulation/posture check)
Position introduction/review
3 yoga dance songs
Active Listening Practice
Breathing Practice
YogaDance Game
Meditation
Closure of class

Movement Magic
1 Internet Place
New York, NY, 10282
585-820-2676
https://www.eventbrite.com/e/yogadance-magic-with-miss-mary-ellen-tickets-101257582154?fbclid=IwAR3uKV0ejRykP1_cQE61_H0fFkWQJALnygJITiO9z_R-EQ83svqIFAo3SFw

Schedule
March 30, 2020: 12:00pm
March 31, 2020: 12:00pm
April 1, 2020: 12:00pm
April 2, 2020: 12:00pm
April 3, 2020: 12:00pm
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