

March 30 - April 30, 2020

## YogaDance Magic Classes! with Movement Magic

Company: Movement Magic

Venue: Your home!

Location: New York, NY

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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?](https://www.eventbrite.com/e/yogadance-magic-with-miss-mary-ellen-tickets-101257582154?fbclid=IwAR3uKV0ejRykP1_cQE61_H0fKwQJALnygJITiO9z_R-EQ83svqIFAo3SFw)

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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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