

September 16 - December 24, 2025

Yoga/Pilates/Barre Fusion w/ Lauren Engleman

Company: Taylor Center for Dance Education
Venue: Taylor Dance West
Location: New York, NY

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Class Description:

Yoga/Pilates/Barre Blend is a fusion of stretching through yoga flow, Pilates core work and full body strength training.

Bio:

Hailing from the Midwest, Lauren fell in love with yoga as a Dance major at Ohio State. She came to New York to begin her dance career, soon gained her Pilates certification, and steadily rose to senior instructor at Physique57.

As a long time practitioner, Lauren found yoga to be the best balance between teaching fitness and maintaining a professional dance career.

Lauren received her 200 hour yoga certification from Yoga Works and served as a teacher trainer at CorePower Yoga.

Her teaching is infused with a genuine concern for her students. She creates a warm, supportive classroom. Close attention to form and detailed sequencing make her classes challenging, intelligent and well rounded. Above all, Lauren's positive energy is contagious!

Lauren is honored to join the Taylor Center for Dance Education!

Taylor Center for Dance Education
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New York, NY, 10018
646-214-5807
<https://clients.mindbodyonline.com/classic/ws?studioid=463013&stype=-7&sTG=59&sView=week&sLoc=0>

Schedule
September 16, 2025: 12:00pm
September 17, 2025: 9:00pm
September 23, 2025: 12:00pm
September 24, 2025: 9:00pm
September 30, 2025: 12:00pm
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