

## FOR AUDIENCES

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Monday, September 16, 2019 - Monday, September 7, 2020

### Yoga Flow w/ Sing

Company: RIOULT Dance Center  
Location: Long Island City , NY

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Yoga Flow is a mindful creative blend of traditional and contemporary variations of flowing yoga postures (asanas), breath-work, and functional strength and flexibility movements. This class allows time and space to find more balance and spaciousness in the body/mind, and compassionate connection to oneself.

RIOULT Dance Center  
34 Steinway St  
Long Island City , NY, 11101  
(212)398-5901  
<https://www.rioult.org>

Schedule  
September 16, 2019: 9:00pm  
September 23, 2019: 9:00pm  
September 30, 2019: 9:00pm  
October 7, 2019: 9:00pm  
October 14, 2019: 9:00pm  
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