

Wednesday, January 19, 2011

## Yoga and \$50 Acupuncture for Dancers

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Dancers come join me at Oriens Living Healing Sanctuary for a Vinyasa Flow Yoga Class specifically for DANCERS.

Owner Elizabeth Carpenter, previous dancer for Trisha Brown, has created a beautiful spa in midtown, with treatments affordable for dancers.

Monday nights at 7:30p.m. is a Vinyasa Flow Class for dancers, as well as a themed class Tuesday nights at the 6:30pm. In addition Elizabeth is offering \$50 Acupuncture treatments for all dancers. Having either of these treatments in your life can increase flexibility, strength, stress relief, compression of the spine, and a greater awareness of your beautiful body.

Your first yoga class with us is FREE! Afterwards enjoy social time and some tea.

Please check out the website to REGISTER for class or make an appointment.

[www.OriensLiving.com](http://www.OriensLiving.com)

We look forward to seeing you. Peace and Smiles.

Dancer and Yoga Instructor.  
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