

July 3 - September 4, 2011

All Levels Yoga with Traci Copeland

Company: Broadway Dance Center

Venue: Broadway Dance Center

Location: New York, NY

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This style of is characterized by flowing poses and sequences that are linked to moving with your breath. The class can vary in sequencing from planks to standing balances mixed with certain elements of dance to maintain strength, flexibility, and body awareness. The class welcomes first timers as w

Broadway Dance Center
322 West 45th St 3rd Floor
New York, NY, 10036
212-582-9304

http://www.broadwaydancecenter.com/faculty/bios/copeland_traci.s.html

Schedule

July 3, 2011: 1:45pm
July 10, 2011: 1:45pm
July 17, 2011: 1:45pm
July 31, 2011: 1:45pm
August 7, 2011: 1:45pm

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