

OUR NEW YORK CITY DANCE

Wednesday, November 5, 2014 - Wednesday, May 6, 2015

First Class \$5 YOGA FOR EVERYDAY PEOPLE

Company: Dance Theatre of Harlem Venue: Dance Theatre of Harlem Location: New York, NY ► Share | Print | Download



Judy Tyrus

Come and escape from life's stressors in this beginner Yoga class designed for everyday people. Learn to strengthen and stretch your body gently to improve overall physical and mental balance. Namaste....

Attire: Loose fitting, comfortable workout clothing. Bare feet or socks. Don't forget your Yoga mat! Wednesdays, 7-8pm

\$5 for your first class! Already took your first class? Bring a friend and get another class for only \$5!

Dance Theatre of Harlem 466 West 152nd Street New York, NY, 10031 2126902800

 $\underline{\text{http://www.dancetheatreofharlem.org/school/open-classes}}$

Schedule

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