

February 5 - March 26, 2015

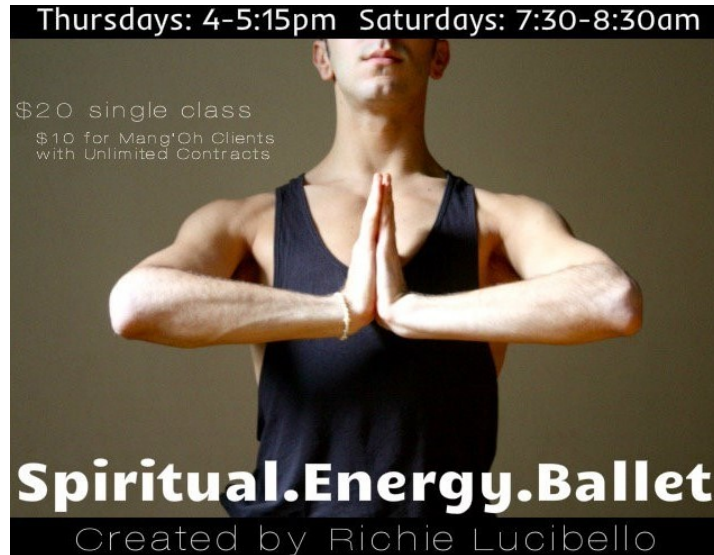
## Spiritual.Energy.Ballet

Company: Private Instructor

Venue: Mang'Oh Yoga

Location: New York, NY

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Sarah Badham

SEB is an uniquely designed class meant to restore, rejuvenate, and strengthen the mind, body, and soul. Combining the practices of yoga & Pilates with dance, concentrated breathing, and meditation. E-mail [Richie.SEBNYC@gmail.com](mailto:Richie.SEBNYC@gmail.com) for more info and reservations.

Private Instructor  
322 East 39th Street  
New York, NY, 10016

Schedule  
February 2, 2015: 8:00pm

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