

## FOR AUDIENCES

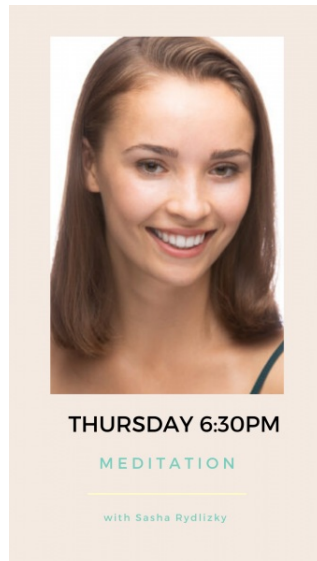
[Community Calendar](#) | [Volunteering](#)

April 5 - May 28, 2020

### VIRTUAL Meditation Class with Sasha Rydlizky

Company: Alison Cook Beatty Dance  
Venue: Instagram Live @alisoncookbeattydance  
Location: New York, NY

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Alison Cook Beatty Dance is so excited to be able to offer FREE half-hour virtual classes open to dancers and non-dancers alike.

Join us Thursdays at 6:30PM EDT for a Meditation class with company member Sasha Rydlizky! This class will be live streamed on our Instagram @alisoncookbeattydance. We hope to see you there!

All classes are free, but we encourage donations of any amount to help us be able to keep offering these classes. Donations can be made at <https://alisoncookbeattydance.networkforgood.com/>

Alison Cook Beatty Dance  
229 East 87th Street #462  
New York, NY, 10016

Schedule  
April 5, 2020: 6:30pm  
April 16, 2020: 6:30pm  
April 23, 2020: 6:30pm  
April 30, 2020: 6:30pm  
May 7, 2020: 6:30pm  
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