

March 21 - April 4, 2011

## Vinyasa Flow for Dancers

Company: Oriens Healing Sanctuary  
Venue: The Spa Room of Oriens Healing Sanctuary  
Location: New York, NY

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Come join this Vinyasa Flow Yoga Class taught by dancer and yoga teacher, Krista Bonura. Indulge in hip openers, luscious stretches, and a little time to give back to your body. First class is free and enjoy a dancer discount of \$15 to follow. Sign up at [www.oriensliving.com](http://www.oriensliving.com).

Oriens Healing Sanctuary  
36 West 44th Street Suite 1212  
New York, NY, 10036  
212 213 5785

Schedule  
March 21, 2011: 7:30pm  
March 28, 2011: 7:30pm  
April 4, 2011: 7:30pm

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