

Monday, October 6, 2014 - Monday, February 2, 2015

## Yo-Dan-Nastics™ (blend of yoga, dance, and gymnastics)

Company: Keoni Movement Arts

Venue: DaNY Studios

Location: New York, NY

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John Quincy Lee

Learn basic tumbling skills to enhance your choreography and audition skills. Yoga and dance based warm-up makes it easier to learn gymnastics moves. Price for 15-class session: \$120; or, \$30 for low-income dancers (conditions apply); or, volunteer for KMA and receive classes for free. Register by Friday, Oct. 3rd. *Keoni Movement Arts mission is to expand access to the Movement Arts of Yoga, Dance and Gymnastics by providing classes and performance opportunities to individuals of ALL ages, abilities and means. We are particularly committed to helping dancers develop movement skills that will help them gain employment both as movement educators and as professional performers.*

Keoni Movement Arts  
305 West 38th St.  
New York, NY, 10018  
212.643.9013  
<http://keonimovementarts.org/classes/>

Schedule  
September 18, 2014: 8:00pm

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