

Thursday, November 21, 2024 - Thursday, November 20, 2025

Yoga for Dance

Company: Whole Fit, LLC

Venue: Whole Fit, LLC

Location: New Fairfield, CT

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Yoga for Dance provides a thorough practice designed to complement ballet, modern, and contemporary dance training. Dance experience is not necessary for this class. While dancers will find this training beneficial, the class is open to all learners who want to explore yoga's principles of balance, posture, and concentration.

<https://wholefitnf.com/>

For more information, email us at wholefitllc@gmail.com

Whole Fit, LLC
4 Dunham Drive Unit 3
New Fairfield, CT, 06812
8622663170

Schedule
November 21, 2024: 5:00pm
November 28, 2024: 5:00pm
December 5, 2024: 5:00pm
December 12, 2024: 5:00pm
December 19, 2024: 5:00pm
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