

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](mailto:wholefitllc@gmail.com)

Whole Fit, LLC  
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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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