

January 10 - June 13, 2018

## Yoga w/ Jamison @ the AO Studio

Company: Alpha Omega Theatrical Dance Company

Venue: @ the AO Studio - Alpha Omega Theatrical Dance Company

Location: New York, NY

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Alpha Omega Theatrical Dance Company

Partake in all the benefits and joy of Vinyasa Yoga w/ Jamison Goodnight.

Jamison was born and raised in Vineland, New Jersey. She earned a BFA in dance performance at SUNY Purchase while simultaneously acquiring her Associates Degree in Business Administration online at her hometown community college. As a professional dancer Ms. Goodnight has found yoga to be her back pocket savior. Feeling the need to share the benefits of Yoga, she completed her 200-RYT followed by a Mentorship studying under Cindy Lanzas. She has also had the opportunity to teach at various studios around NYC including Yoga Vida and Sangha Yoga Shala. Her beliefs are that yoga is a fresh breath for the soul; it helps calm the mind and lubricate the body. "Movement is life! Let's move, let's flow, let's find the joy and beauty in everything that surrounds us. Come smile with me." -Jamison Goodnight.

Alpha Omega Theatrical Dance Company

70 East 4th Street Lower Level

New York, NY, 10003

<http://www.alphaomegadance.org>

### Schedule

January 10, 2018: 7:30am

January 17, 2018: 7:30am

January 24, 2018: 7:30am

January 31, 2018: 7:30am

February 7, 2018: 7:30am

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