

March 30 - April 30, 2020

## YogaDance Magic Classes! with Movement Magic

Company: Movement Magic

Venue: Your home!

Location: New York, NY

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Photo by Jyotirmoy Gupta on Unsplash

45 minutes • \$15/Donation  
OR FREE for those experiencing financial hardship due to the pandemic

Welcome to YogaDance with Miss Mary Ellen!  
Zoom link and password upon ticket registration

Limited class size to maintain individual attention  
Recommended ages 3-8 years old.  
approx. 40 min.

Come YogaDance with me!

Needed for class:  
Computer and Zoom account! That's it!

This class includes:  
Intro of Miss Mary Ellen & your Magic Kids!  
Breathing Practice  
Body Energy awareness Practice (body ID/sensory stimulation/posture check)  
Position introduction/review  
3 yoga dance songs  
Active Listening Practice  
Breathing Practice  
YogaDance Game  
Meditation  
Closure of class

Movement Magic  
1 Internet Place  
New York, NY, 10282  
585-820-2676  
[https://www.eventbrite.com/e/yogadance-magic-with-miss-mary-ellen-tickets-101257582154?fbclid=IwAR3uKV0ejRykP1\\_cQE61\\_H0fKwQJALnygJlTiO9z\\_R-EQ83svqIFAo3SFw](https://www.eventbrite.com/e/yogadance-magic-with-miss-mary-ellen-tickets-101257582154?fbclid=IwAR3uKV0ejRykP1_cQE61_H0fKwQJALnygJlTiO9z_R-EQ83svqIFAo3SFw)

Schedule  
March 30, 2020: 12:00pm  
March 31, 2020: 12:00pm  
April 1, 2020: 12:00pm  
April 2, 2020: 12:00pm  
April 3, 2020: 12:00pm  
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