



# Eight Stones

YOGA STUDIO

Presents

## Let Your Yoga Dance

*With Yvonne*

Friday January 13<sup>th</sup> 7:00-8:30pm

Friday February 17<sup>th</sup> 7:00-8:30pm

Saturday March 24<sup>th</sup> 4:00-5:30pm



Yoga dance is yoga in motion that combines yoga, breath, movement and music, a practice that invites you to explore all seven chakras through in-depth personal experience. You will dance the yoga of the wild and the woolly, the silly, the crazy, the sacred, the free and any other style that you may create during this practice. It is a fun class where you are free to dance, to move as nobody was watching you, a great opportunity to connect with your inner joy. From the grounding force of the first chakra to the unvoiced prayer of body, mind, and spirit embodied in your highest center, you will be refreshed, rejuvenated and at home in yourself.

Yoga mats are not needed for this practice and a bottle of water is highly recommended.

All Levels Welcome

\$13 Pre-registration or \$18 at the door

(Minimum of 5 pre-registered to hold class)

Mail Pre-registration to 2805 Eastern Blvd. York, PA 17402

For more information Email [info@eightstonesyoga.com](mailto:info@eightstonesyoga.com) or call 717-840-4183

Web Site [eightstonesyogastudio.com](http://eightstonesyogastudio.com)