

Asana Dance

This Asana Dance workshop features the Punjabi folkdance Bhangra, the sacred dance traditions of India's Ashram Prayer Dance, and the ecstatic free-form spirit of Kundalini Dance. A flow yoga sequence and a deepening into a single Hatha pose will ground the experience and offer time and space for your inner wisdom to be heard.

Saturday

March 26

10am to noon

Island Pilates &
Fitness Studio

#303b 13th St
(above SureCopy)

\$25

Contact

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Lynn Weaver is the Artistic Director of MoonDance Arts School in Shawnigan Lake, BC. With extensive training and study across a wide range of dance disciplines, Lynn shares her passion for dance through teaching, choreography, and performance. A lifelong dancer and yogini, Lynn offers a transformative and deepening experience of yoga and dance.

"Every instance of learning dance from other cultures involves an inherent respect for the people of that culture. Each person who participates in such dances contributes to the preservation of multicultural life on this planet."

Lynn Weaver