

Fusing Yoga and Dance, this fluid class draws on many traditions of India: Goddesses, Chakras, Ashram Prayer Dance, Bhangra folk dance, Hatha Yoga and more.

Find freedom of movement. Deepen your practice.

Your body is your Temple.



ASANA DANCE

Thursdays 5:30 – 7:00pm
Kali Yoga
Shawnigan Lake Rd
Drop-in or punch-card
\$15

MoonDance Dynamic Arts School

www.MoonDanceArts.ca

250 743 5846