



Yoga Dance : Master-Class By Karim Strougo

This invigorating master-class offers you a continuous flow of Yoga Asanas, choreographed in a fluid, rhythmic sequence and combined with contemporary dance moves.

Music that will grab your soul and moves that will allow the life-energy to flow through your body with abundance.

A class designed to create a well synchronized “Pas-de-Deux” between your body and your soul
!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	—

*** Only if taken with the “Biomechanics of Pilates and Yoga” workshop.
Classes alone do not offer any CEUs.**