

# YOGA *dance*

Enjoy the pleasure and fun of dancing and moving to all sorts of music with YogaDance!

- It doesn't matter what you look like.
- There are no mirrors.
- There is no "right" way of doing things.
- No difficult choreography to learn!

It's all about moving to music and the joy of doing it with other women.

Beginning THURSDAY

JANUARY 8, 2009

Once a month

Suggested donation: \$10



66 Marlborough St.,  
Boston  
(corner of Berkeley &  
Marlborough St.)

YogaDance Leader:  
Naomi Goodman,  
Certified Yoga Dance Instructor,  
Kripalu Yoga Center

TO REGISTER or for more  
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