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The School of Dance
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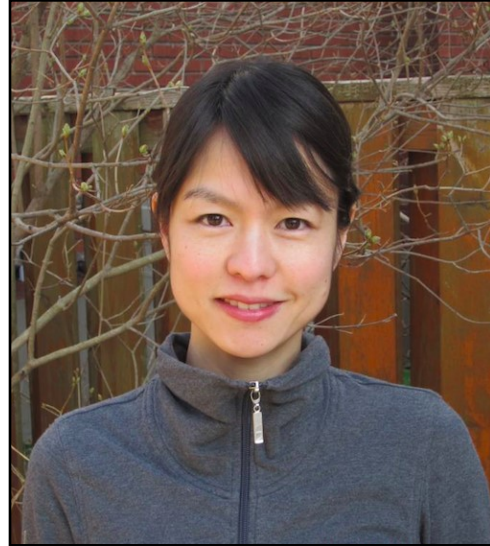
www.theschoolofdance.ca

The
School of Dance

POD YOGA

(Parents of Dancers)

on Saturday mornings
with Mizuki Hoshino



11 week session from September 23-December 9, 2017

9:30-10:30am

(no class Saturday, October 7, 2017)

\$100 + HST or Drop-in for \$12/class!

This Adult Hatha Yoga class upstairs in Studio 8,
is ideal for parents who are waiting for their child in
class or anyone who wants to start a great weekend!

The class will include breath work,
standing/seated yoga poses and some
simple movements on a mat.

Dress Code: Close fitting
comfortable clothes. No shoes.
Please bring your own yoga mat.

