

Elysian Belly Dance

is delighted to welcome

Vimala

“Yoga for Dancers”

Sunday 14 May 2023

Dance Studio, Paradise Centre, Newnham Street, Ely, Cambridgeshire CB7 4PQ
11.45am – 1.15pm, £15.00

Vimala is a fully qualified and experienced yoga instructor. She is a generous and approachable teacher and in this session, she'll be focussing on how yoga can benefit dancers, looking at exercises and asanas to help posture, strength and flexibility to help us move with control and grace.

All abilities are welcome. Places are limited and must be booked in advance. For more details on Vimala, her website is <https://yogapathuk.co.uk/>. To book for this session or to find out more, please email info@elysianbellydance.co.uk



Elysian Belly Dance