

OUR NEW YORK CITY DANCE

Thursday, October 26, 2023 - Saturday, October 26, 2024

Kundalini Yoga and Meditation

Company: RA MA Yoga New York Venue: RA MA Yoga Institute New York

Location: New York, NY

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A unique and powerful form of yoga that can be particularly beneficial for dancers. It focuses on activating and harnessing the dormant energy at the base of the spine, often referred to as "kundalini energy." This energy is believed to be a source of vitality, creativity, and spiritual awareness. It promotes physical fitness, mental well-being, and a deeper understanding of the connection between body, mind, and spirit.

RA MA Yoga New York 125 Stanton St New York, NY, 10002 https://ramayogainstitute.com/new-york/ Schedule October 26, 2023: 9:00am, 11:00am, 5:30pm, 7:00pm October 27, 2023: 9:00am more

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