

Nataraja Yoga Dance

with PadmaShakti (Tracie)



Friday, February 2, 2007
7 – 8:30 pm

Celebrate the first glimpses of spring.
Clear your body & mind.
Awaken your spirit.

Nataraja Yoga Dance is a powerful combination of Asana, Vinyasa, Pratyahara, Pranayama, Meditation and an eclectic flow of dance with dynamic musical forms from around the globe.

The merging of Yoga and dance take us back into our bodies. Yoga merges breath with the body and dance awakens our creativity and intuition. The blending of yoga and dance offers an energized, transformative and meditative workout.



There are short-cuts to happiness,
and dancing is one of them.

~Vicki Baum



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