

# Nataraja Yoga Dance

## with PadmaShakti (Tracie)

Thursday Dec. 21, 2006  
7 – 8:30 pm  
(in place of Yoga Foundation)

Celebrate the Winter Solstice as a  
natural turning point in the year.



Begin your momentum for 2007  
as a year to draw in the  
greatest vision you have for your life.



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.

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Dancing is like dreaming with your feet.

~ Constanze

Dance is the hidden language of the soul.

~ Martha Graham

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