

Nataraja Yoga Dance with PadmaShakti



*Join PadmaShakti (Tracie Brace) for
Nataraja Yoga Dance*

Friday April 9, 2005 7:00 p.m.-9:00 p.m.

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.

Yoga Rasa

713-941-9642

www.yogarasa.net