

Yoga *into* dance



Sunday 13 October 2 - 4 pm

University Club, 11 Mansfield Rd, Oxford. OX1 3SZ

‘Yoga into dance’ is a two hour workshop drawing inspiration from yoga and improvised dance. How can the rich and timeless teachings of yoga translate into and inform dance? We’ll explore the physical and subtler aspects of both practices, to demonstrate the limitless possibilities of bodies in motion.

Open to everyone - whatever your experience of yoga or dance - including complete beginners. Please wear loose clothing and bring a water bottle. Price: £15 or £10 concs.

Oxford Contact Dance

www.contactdance.org