

High Desert Yoga presents:



# Yoga and Dance Fusion

*with Niki Feldman*

**September 30, 2017**

In this joyful workshop yoga and dance are mixed together with music. Rhythm will guide easy dance steps and infuse ease into traditional yoga poses. Periodically free dance will be encouraged to follow internal rhythm and intuition. The playlist alternates fast songs with slow songs to preserve energy. By focusing on flow and rhythm, we can avoid stagnation. You will leave invigorated and happy!

High Desert Yoga  
4600 Copper Ave NE  
Albuquerque, NM 87108  
(505) 232-9642

**4:30-6:00pm**  
**\$18 plus tax (\$19.32)**

*Niki Feldman* has danced for her entire life and is a self-proclaimed “rhythm junkie.” Besides yoga and dancing, Niki has a massage therapy practice in which she dances through her treatments.



[www.highdesertyoga.com](http://www.highdesertyoga.com)