

# *NEW! DanceYoga PROGRAM!*

## **“Neti! Neti”**

**Neti! Neti! Is a Sanskrit word meaning “not this! Not that!” This pretty much sums up what this program is all about.... T'ai Chi, Yoga Poses, Two Weight Workout Tracks, Pop Rock Dance, Reggae, Salsa, Belly Dancing...all in this Release!**



**Begins Saturday,  
July 10  
9:30 – 10:45am**

*Sound and Movement maps to  
the true self... the original heart  
beat - I dance because it is my  
turn to dance...Akasha Nilson*

**FREE for Everyone This Day Only!**

**Please Sign-Up at the studio or  
Register by email or phone.**

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