



home the basics	one-on-one yoga therapy	8 week program	yoga experience class with eating component	workshops and retreats
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Move, Groove & Sit

In Celebration of
The Center For Connection's
1 Year Birthday



Please Join Me For a Night of
Movement, Chanting & Meditation

A live drummer will be there to make the night come to life!



Whether you've been to a group, workshop or session in the past, new to The Center For Connection, or a health professional, therapist or yoga practitioner interested in finding out more...

Please come out for this fun event!

When: *Tuesday, August 2nd*

Time: *7 - 9:30pm*

Cost: *\$35*

Where: *The Center For Connection
1841 Broadway @ 60th Street
Suite 806
New York, NY, 10023*

Space is limited so please contact to confirm attendance.

Phone: 212-971-1089

Email: info@bodyconnectionnutritionandyoga.com

Refreshments (and cake, Of Course) will be served!



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