

YOGA TRANCE DANCE

Saturday, Oct 18

7:30 pm - 9:00 pm | \$20 | 301.682.9642 | frederick, maryland



with
MARIA GARRE

“Allow yourself to trust joy and embrace it. You will find that you dance with everything.”

Ralph Waldo Emerson

Join us for an evening of dance, movement and freedom of expression.

Yoga Trance Dance is an exploration of the eternal flow of natural movement through yoga.

No dance experience needed - you find your inner dance as you flow into an exploration of free-form, breath driven movements through music ranging from meditative flow to high-energy world beats and rhythms.

**Space Limited Event
Reservation Required**

ANANDA SHALA
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