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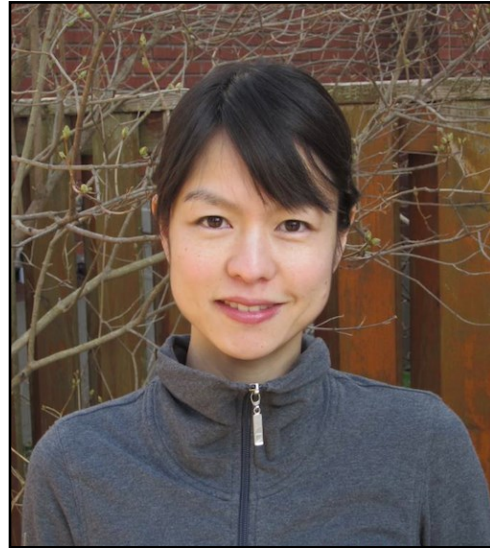
[www.theschoolofdance.ca](http://www.theschoolofdance.ca)

**The School of Dance**

# POD YOGA

(Parents of Dancers)

on Saturday mornings  
with Mizuki Hoshino



7 week session from April 7-May 26, 2018

9:30-10:30am

(no class Saturday, May 19, 2018)

\$70 + HST or Drop-in for \$12/class!

This Adult Hatha Yoga class upstairs in Studio 8,  
is ideal for parents who are waiting for their child in  
class or anyone who wants to start a great weekend!

The class will include breath work,  
standing/seated yoga poses and some  
simple movements on a mat.

Dress Code: Close fitting  
comfortable clothes. No shoes.  
Please bring your own yoga mat.

