

Weekend *YogaDance* Workshop

With Kent Lindemer

April 12th and 13th held at

[Anjali](#)

330 East 7th St., Tucson

Saturday April 12th Yogadance Flow 9-12; Partner Yogadance 3-6

Saturday night 8-11pm Guided Yoga Trance Dance Party

Sunday April 13th Latihan Yoga 9-12; The Yoga of Relationship 3-6

Focus on the balance between fluidity and strength as we explore a variety of fun and unique dance and yoga-related practices. This weekend is designed to help foster an understanding of our individuality as well as our common link. We will explore fundamentals of flow, weight sharing, create moving sculpture and tell story through yoga and dance. All levels welcome.



Kent Lindemer has been a dancer and collaborative Choreographer with Pilobolus Dance Theatre from 1989-2000. He has toured and taught master classes internationally, as well as facilitating dancer and teacher training for Pilobolus. He recently toured in 2001-02 with two National tours of the Broadway musical *Swing!* as their Massage and Physical Therapist. Kent also worked on the tour for Anti-Gravity Dance Company as trainer and bungee specialist teaching aerial technique. Kent is a devoted student of Anusara Yoga founder John Friend and is an affiliated instructor.

\$120 for entire series; \$40 for any one session; \$75 for two; \$100 for three;

Saturday night session is \$10 if not attending entire workshop.

Call Sandi @ 520-877-2593 for more info and to register.

** student rates available

Please register by March 24th to reserve space:

Sat. 9-12 Sat. 3-6 Sat. 8-11pm Sun. 9-12 Sun. 3-6 Entire series

Name: _____ Phone: _____

Address: _____

Make checks payable to Kent Lindemer and send to:

Sandi Siegel 12991 N. Dapple Dr., Oro Valley, AZ 85737