

Tribal Yoga Fusion



Earth Fire Air Water

Tribal Bellydance and Yoga naturally merge together into an eclectic dance of the body, mind and spirit. Tribal Yoga Fusion is a combination of fluid yoga postures and basic bellydance movements that will bring creativity and effortless movement into any dance or yoga practice. You will build strength, a strong posture and flexibility that will follow you into your everyday activities. Come join us for the fun... no experience necessary.

All Levels Welcome

(Beginners are encouraged to complete Yoga 101 Express)

Sundays at 3:00pm

Beginning June 1st

Triangle Pilates & Cary Yoga Center

Stone Creek Village Studio, Instructed by Margaret Prakke

www.caryyogacenter.com or call 466-9989