Let's offer it on Sat 10/22! Here's a description:

**Yoga Drum Dance**

Yoga and drumming are connected on a spiritual level. The drum is designed to stimulate our hearts and minds. Yoga is intended to unify the mind, body, and spirit. The synthesis of Yoga and Drumming inspires the mind/body to embrace the soul, as participants are encouraged to create a personal Yoga dance, which expresses the freedom of spirit. In this workshop, participants will engage in hatha yoga, pranayama, guided visualization, drum yoga, vinyasa, joy and blissful dance.

**Workshop facilitators:**

Ram Bhagat, EdD, RYT200 (founder of Yoga Drum Dance)

Traci Johnson, Exercise, Fitness, and Movement Specialist

Kiran Bhagat, RYT 200 (Certified Yoga for Schools Trainer)