

# Dance It Yoga!©

## Indian Dance/Yoga Workshop

*with Carine Young & Sudnya Mulye*

**Yoga flows into Dance, dance flows into Yoga. This is a unique seamless choreography of Yoga and Classical Indian Dance. Come explore your own creative soul as you try something new. Watch a master perform and be inspired!**

**This 2 hours workshop includes 15 minutes of Master Dancer Sudnya performance, followed by pranayama(breath work), yoga, step by step dance instruction, and a delicious relaxation with essential oils to open up your creativity.**

**Investment:\$50**



Sudnya Mulye is a Bharata Natyam-(Classical Dance of India) dancer, choreographer and instructor. The dance integrates stylized hand gestures, facial expressions, footwork, yoga, and universal emotions. Sudnya holds BFA and MFA in dance and choreography and has performed extensively and won many awards in India. After moving to Canada she has performed nation-wide, collaborated with various professional multicultural groups and given lecture demonstrations and workshops in universities and schools. Sudnya believes that dance is the best way to experience any new culture and at the same time be fit and graceful. She is the founder director of Sudnya Dance Academy. In 2007 Sudnya was nominated for Richmond Review's Ethel Tibbits Women of Distinction Award.



Carine's B.A. in Criminology, studies in acupuncture, and interests in different arts are reflected in her classes. Skilled in sharing her knowledge of biomechanics in a tangible way, students are invited to discover their own forms in a safe environment. Her journey began in 1998 with a paperback version of "The Sivananda Companion to Yoga." Since then, this book, in combination with great teachers, has become a wonderful guide in revealing yoga's magic. She believes that yoga has infinite positive effects in our society today: developing respect and kindness for each other, our precious environment, and ourselves. Carine guides students to move from the inside, respecting anatomical differences through safe breath alignments. Carine leads various yoga workshops, and is thrilled to partner up with Sudnya in this unique Indian Dance/Yoga workshop.