

## Testimonials:

“This is like Gymboree for adults!”

“I’m having so much fun I don’t know I’m exercising!”

“This class is off-the-hook fun!”

“This was a fun, relaxing, and spiritual workout!”

“Your presence is igniting!”

“I feel well exercised and stretched out but also centered and grounded.”

“You are touching the heart of the community, and bringing people together with this class!”

“I finally got the opening paragraph to the book I’ve been trying to write - THANK YOU for the inspiration!”

“This class helped me move through the grief of losing my son. I just felt this huge release; so powerful!”



Jessica “Ruby” Hernandez, M.A., E-RYT, is a certified Yoga Meets Dance™, Hatha, & Prenatal Yoga Instructor, and a practicing Yogi since 2002, having taught people aged 5-77 since 2004. An experienced Latin Ballroom, 5 Rhythms, and Belly Dancer, Jessica brings her joy of dance, music, and therapeutic play to as many people as possible.

To schedule a class at your studio or gathering, please e-mail

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**Yoga Meets Dance™** was created in 1999 by Beth Rigby  
[www.yogameetsdance.com](http://www.yogameetsdance.com)



Experience the benefits of gentle yoga, freeing dance movement, and meditation in one wildly fun and exhilarating class.

## What is Yoga Meets Dance™?

**Yoga Meets Dance™** combines the sacred, sensual and silly.

It's an emotionally therapeutic synergy of easy Hatha yoga, movement, free-spirited dance, guided imagery, music therapy, gentle humor, community-building, and meditation; very welcoming of non-dancers.

No complicated dance steps to learn! Exotic, primal world beat rhythms set your body, mind and spirit fantastically free.

This transformational dance journey is perfect for *all* abilities, shapes and sizes.

No experience is needed! Anybody can enjoy this class!

## Benefits:

- ~fun work-out
- ~team-building
- ~stress-reduction
- ~great ice-breaker
- ~emotional release
- ~ learn basic rhythm
- ~community-building
- ~safe, therapeutic play
- ~builds self-confidence
- ~enhance your creativity
- ~reconnect with your body
- ~reconnect with your soul

## Great for These Events:

- ~ Fund-Raising
- ~ Workshops
- ~ Gatherings
- ~ Seminars
- ~ Benefits
- ~ Retreats
- ~ Corporate Parties
- ~ Mind/Body Expo's
- ~ Team-Building Trainings
- ~ Any other Special Events