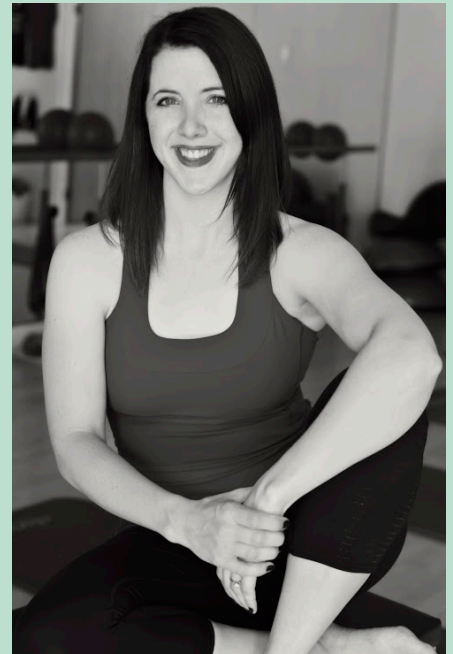


# Workshops with Dantzel Cherry

## February 8&9 @ Mind Your Body

234 S Main St, Pocatello



**Saturday February 8th**

**4-5:30 PM Roll and Restore - \$15 or MYB punch card**

**Sunday February 9th**

**3-4:15 PM Yin Yoga**

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*Dantzel has been teaching dance, Pilates, and yoga for the last 18 years throughout Idaho, Texas, and Utah. An Idaho Falls native, she graduated from ISU in 2011, and has Pilates, yoga, & dance certifications/training through PhysicalMind, STOTT, YogaFit, and Progressing Ballet Technique.*

***Class descriptions:***

***Roll and Restore*** - Pain-free movement on foam roller and small balls to reset body and rehydrate fascia.

***Yin Yoga*** - A combination of Hatha and Taoist yoga targeting your ligaments and tendons. Postures are primarily seated or lying to promote clearing of energetic blockages, growth and enhance circulation.

**Interested in private/semi-private lessons with  
Dantzel?  
Call her at (208) 403-5087 to schedule.**