

# FIND YOUR INNER WARRIOR



**FALL 2018**

## REGISTER WITH POI

### **Yoga for Performers (DCE 122)**

Taught by Leah Roy

### **Stage Combat (THE 290)**

Taught by Michael Kamtman

All are welcome, regardless of skill level. Yoga for Performers is ideal for actors, dancers, and musicians. Bring your own mat for Yoga – there are a limited number of loaners.

You can take either or both classes! However, it's recommended that you condition with Yoga for Performers and apply that training to Stage Combat. Contact Leah Roy for a POI for Yoga and Michael Kamtman for a POI for Stage Combat.

**Yoga for Performers:  
1<sup>st</sup> 8 weeks of the  
term**

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**Stage Combat:  
2<sup>nd</sup> 8 weeks of the  
term**

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**T/R 2:00-3:15pm**

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**1.5 credits each**

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**Scales 204  
(Upstairs Dance  
Studio)**

**LEAH ROY**

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