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

Yoga for Performers: 1st 8 weeks of the term

Stage Combat: 2nd 8 weeks of the term

T/R 2:00-3:15pm

1.5 credits each

Scales 204 (Upstairs Dance Studio)

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.

LEAH ROY
royle@wfu.edu
336.758.4334

MICHAEL KAMTMAN
kamtmamj@wfu.edu
336.758.7435