December 2017

BODY & MIND

By Cathryn Haight

GLOW YOGA FUSION Acesi Ying Boston (617-208-8205) gowayoga to BC. Fri.-Sat., 8pm, $20. This vi black lights incorporate cardio dance elements.

MEDITATION MONDAYS The Peaceful Healing Center, 7 Coin (617-396-4604) meditation at Aqua. Mon., 6pm, $15 increasing joint motion and the body. 30 minutes for men.


LIBERAL BODY DROP-INS 358 Newbury St., Boston (617-262-7666) MBTA. Green Line to Arlington. Thu., 6:30pm, $20. This class focuses on the use of various props to improve.

EVENTS

CANDLES LABYRINTH PEACE WALK Armenian Heritage Park, East Cambridge. Kennedy Greenway, MBTA: Red Line to Central. Mon. and Tues., 8:30pm, $15. This class is suitable for all levels.

BOLLYX The Dance Complex, 536 Mass Ave., Cambridge (617-547-3963) bollyx.com. MBTA: Red Line to Central. Mon. and Tues., 8:30pm, $15. This Bollywood-inspired cardio dance fitness class is suitable for all ability levels.


This evening of meditation, study and discussion, led by Stephanie Belli


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