

# Cathryn Cipoer

## NYC

Cat acquired her BFA in Liberal Studies with an emphasis in Dance Performance from San Francisco State University. After several dance injuries, barre helped Cat recover and realign. It enabled her to reconnect with her body and Cat truly believes in its power to strengthen and lengthen through the mind/body connection and the importance of the breath.

### **Instagram:**

<https://www.instagram.com/cioper7/>

**Classes:** Virtually and In-person