

Katie McQuaid's Scene in Manchester: Chocolate, yoga pair up in workshop worth savoring

By KATIE MCCQUAID

Are you one of those people who will bend over backward to get your hands on some really good chocolate? You will have your chance at Yoga Balance's first-ever Yoga & Chocolate: Savoring Every Moment workshop.

"It's a way to combine two of people's greatest pleasures," said Yoga Balance manager Kate White, who partnered with Dancing Lion Chocolate owner and master chocolatier Richard Tango-Low to design the Saturday, March 12, event. White said pairing yoga with food and drink is very "on-trend" right now. Chocolate, she explained, is a natural fit with yoga because both are at their best when all five senses are engaged.

The afternoon will begin with 30 minutes of yoga to let participants slow down, relax, and connect with their bodies so they can truly enjoy the 90-minute chocolate tasting to follow.

These are not Hershey bars. Chocolate from Dancing Lion is indescribable, each item made with complex flavors you wouldn't normally consider putting in chocolate, like lemon, lavender and spices. Standard chocolate makes me jittery, the good stuff made at Dancing Lion makes me euphoric.

Tango-Low, originally a physicist, is an expert on chocolate, its origins, and how it is made.

"The way he talks about chocolate, it's really an amazing experience," said White, who is from the United Kingdom and always brings visiting family and friends to Dancing Lion Chocolate to show off the fact that Manchester is home to a first-class chocolatier.

The workshop runs 1:30 to 3:30 p.m. and is \$55 for those who sign up by March 6, and \$60 after. Visit www.yogabalance.info (<http://www.yogabalance.info/>) for more information.

Add your voice to the music

You may have heard the buzz about Old Sol Productions, which has a proposal to renovate the historic Rex Theatre at 23 Amherst St. and turn it into "a first-class performing arts center, where community members can come together to enjoy live music, theater, film, and comedy, as well as to take part in programming designed to create positive social change in the city."

If you go to OldSol.org you will see an inspiring little video by Matt and Jody Wilhelm, the couple behind this big idea. The ultimate goal, it seems, is to keep college graduates here by making Manchester a hipper place to live. The Wilhelms have a history in producing live music events, and have learned how to turn them into opportunities for public service as well. They hope to replicate this model with Old Sol Music Hall.



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