

FOR AUDIENCES

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Wednesday, December 31, 1969 - Sunday, February 9, 2020

Afro Flow Yoga

Company: The Ailey Studios

Venue: The Ailey Studios

Location: new york, NY

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Come experience joy and elation through movement and sound. Afro Flow Yoga® infuses electrifying dance movements of the African Diaspora flowing with a meditative yoga sequence of gentle yet powerful stretches. Deeply connect with the soulful rhythms of live drumming, energize your chakras, gain strength and flexibility, and rejoice in the bliss of feeling grounded and peaceful! Through the power of collective energy and the creation of sacred space, students will leave feeling empowered, energized, and renewed.

The Ailey Studios
405 w 55th st
new york, NY, 10019
2124059000

Schedule

February 9, 2020: 2:30pm

December 31, 1969: 7:00pm, 7:00pm, 7:00pm, 7:00pm, 7:00pm

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