

November 5 - December 3, 2023

Vinyasa Yoga Workshop Series with Pilin Anice

Company: Ailey Extension

Venue: The Ailey Studios The Joan Weill Center for Dance

Location: New York, NY

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Pranto Podder

Vinyasa yoga is characterized by stringing together different postures to create a flow from one move to the other focusing on breathwork. This class will focus on the essential principles of breath and alignment while increasing core strength, practicing stability, and gaining functional flexibility.

Pilin Anice is a skilled wellness guide who believes that the disciplines of Ayurveda, meditation and yoga, ritual, self-care, nutrition, and dance allow us to reconnect to ourselves. Pilin is passionate about building community and looks to create non-judgmental spaces where everyone can be seen, heard, and move freely.

Students are asked to bring a yoga mat to practice on.

Ailey Extension
405 West 55th Street
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<https://www.alvinailey.org/extension/workshops/pilin-anice>

Schedule

November 5, 2023: 3:30pm

December 3, 2023: 3:30pm

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