



F O R A U D I E N C E S

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February 10 - June 23, 2019

Ailey Extension's Afro Flow Yoga Workshop

Company: Ailey Extension

Venue: The Joan Weill Center for Dance

Location: New York, NY

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Come experience joy and elation through movement and sound at Ailey Extension. 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 charkas, 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. With a mission to promote healing and community building through dance, music and yogic practices, husband and wife team, Leslie Salmon Jones, Ailey School Alum, and multi-instrumentalist Jeff W Jones created Afro-Flow Yoga to celebrate, honor and respect our shared humanity and cultural differences in a non-judgmental and safe environment. Repeats bi-weekly.

Ailey Extension

405 W 55th Street

New York, NY, 10019

<https://www.aileyextension.com/classes/afro-flow-yoga>

Schedule

February 10, 2019: 2:00pm

February 17, 2019: 2:00pm

February 24, 2019: 2:00pm

March 3, 2019: 2:00pm

March 10, 2019: 2:00pm

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Contact

info@dance.nyc 212-966-4452 218 East 18th Street, Ground Floor, NY, NY 10003-3694

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