

## FOR AUDIENCES

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January 16 - March 20, 2021

### Afro-Cuban Live with La Mora

Company: Ailey Extension

Venue: Ailey Extension

Location: New York, NY

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This workshop is intended to create a movement environment that explores the various forms of Afro-Cuban dance tradition. While practicing different movements representing the Orishas (deities from the African traditions brought to Cuba), La Mora will discuss the form's history and its importance to each movement. Based on each dancer's skill, knowledge, and experience, La Mora allows participants to embrace an accessible path to understanding dance through the quality of movement, and cultural context.

This workshop will also be available On-Demand after the livestream.

Ailey Extension  
Virtual  
New York, NY, 10019  
<https://www.alvinailey.org/extension/workshops/afrocuban>

Schedule  
January 16, 2021: 12:00pm  
February 20, 2021: 2:00pm  
March 20, 2021: 2:00pm

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