

Tuesday, August 21, 2018

## Afro Flow Yoga

Company: Cumbe Dance  
Venue: Restoration Plaza  
Location: Brooklyn, 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 that flow into 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.

### About Pilin Alice

Pilin Anice is a dance and yoga instructor, performing artist, and model. Pilin is passionate about helping others tune into their highest self by improving their health and wellbeing. From universities to community organizations, she has guided students of all ages in the sacred movements of yoga and dance through a range of workshops and classes. She has been featured on Good Morning America, The Today Show, BET/CentricTV, and YogaXpress. Pilin earned her 200 Hour RYT at Reflections Yoga in Guatemala and is certified in holistic nutrition as well as Thai Massage Therapy. For over 14 years, she has studied with masters of West African dance, Dunham Technique, and dances of Haiti, Cuba, and Brazil. Her passion for yoga and dance led her to become a certified Afro Flow Yoga™ instructor, which she has taught in the US and abroad.

Cumbe Dance  
1368 Fulton Street 247 herkimer  
Brooklyn, NY, 11216  
718 935 9700  
<http://cumbdance.org>

Schedule  
August 21, 2018: 6:30pm

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