

## **OUR NEW YORK CITY DANCE**

November 18 - December 16, 2018

## Afro Flow Yoga™

Company: The Ailey Extension

Venue: The Ailey Studios at Alvin Ailey American Dance Theater

Location: Manhattan, 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 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.

\*Ailey Extension has a limited number of mats for rental, please bring your personal mat.

The Ailey Extension 405 W 55th St Manhattan, NY, 10019 212-405-9000

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

Schedule November 18, 2018: 2:00pm December 2, 2018: 2:00pm December 16, 2018: 2:00pm

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