

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 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.

**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

[< back](#)

[previous listing](#) • [next listing](#)