

June 23 - August 18, 2019

Afro Flow Yoga

Company: The 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. 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.

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.

The Ailey Extension
405 West 55th Street
New York, NY, 10019
212-495-9500
<https://www.aileyextension.com/afro-flow-yoga>

Schedule
June 23, 2019: 2:00pm
July 7, 2019: 2:00pm
July 21, 2019: 2:00pm
August 18, 2019: 2:00pm

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