

May 31 - June 1, 2025

## Afro Flow Yoga Workshop

Company: Ailey Extension  
Location: New York , NY

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Afro Flow Yoga® co-founders Leslie Salmon Jones, her husband Jeff W. Jones will lead students through an integrated, embodied practice that combines yoga with live, healing music, and dances from the African Diaspora. Through the power of collective energy and the creation of sacred space, students will leave feeling empowered, energized, and renewed.

Open to all levels and abilities. Please bring a yoga mat and water.

Ailey Extension  
405 W 55th Street  
New York , NY, 10019  
212-405-9000  
<https://ailey.org/series/afro-flow-yoga>

Schedule  
May 31, 2025: 2:30pm  
June 1, 2025: 2:30pm

[< back](#)

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