

October 5 - December 7, 2016

## Afro Flow Yoga at the DSPAC

Company: Dwana Smallwood Performing Arts Center  
Venue: Dwana Smallwood Performing Arts Center  
Location: Brooklyn, NY

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Afro Flow Yoga at the Dwana Smallwood Performing Arts Center

Afro Flow Yoga with Pilin Anice is a monthly 1.5-hour-long workshop that infuses electrifying dance movements of the African Diaspora with a meditative yoga sequence of gentle yet powerful stretches. It's held every first Wednesday of the month from 7-8:30pm. Classes are \$18 each. Ask about our studio welcome rate and class cards which offer a generous discount!

Dwana Smallwood Performing Arts Center

857 Lexington Avenue, 2nd Floor

Brooklyn, New York 11221

[info@dwanasmallwoodpac.org](mailto:info@dwanasmallwoodpac.org)

#718 443 9800

"J" train to Gates Ave

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Brooklyn, NY, 11221  
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### Schedule

October 5, 2016: 7:00pm  
November 2, 2016: 7:00pm  
December 7, 2016: 7:00pm

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