

February 10 - June 23, 2019

## Ailey Extension's Afro Flow Yoga Workshop

Company: 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 at Ailey Extension. 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. Repeats bi-weekly.

Ailey Extension  
405 W 55th Street  
New York, NY, 10019  
<https://www.aileyextension.com/classes/afro-flow-yoga>

Schedule  
February 10, 2019: 2:00pm  
February 17, 2019: 2:00pm  
February 24, 2019: 2:00pm  
March 3, 2019: 2:00pm  
March 10, 2019: 2:00pm  
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