

OUR NEW YORK CITY DANCE

November 5 - December 3, 2023

Vinyasa Yoga Workshop Series with Pilin Anice

Company: Ailey Extension Venue: The Ailey Studios The Joan Wei	Il Center for Dance	► Share Print Download
Location: New York, NY		
	Pranto Podder	

Vinyasa yoga is characterized by stringing together different postures to create a flow from one move to the other focusing on breathwork. This class will focus on the essential principles of breath and alignment while increasing core strength, practicing stability, and gaining functional flexibility.

Pilin Anice is a skilled wellness guide who believes that the disciplines of Ayurveda, meditation and yoga, ritual, self-care, nutrition, and dance allow us to reconnect to ourselves. Pilin is passionate about building community and looks to create non-judgmental spaces where everyone can be seen, heard, and move freely.

Students are asked to bring a yoga mat to practice on.

Ailey Extension 405 West 55th Street New York, NY, 10019 2124059000

https://www.alvinailey.org/extension/workshops/pilin-anice

Schedule

November 5, 2023: 3:30pm December 3, 2023: 3:30pm

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