

February 8 - May 17, 2026

Wellness Workshop with Pilin Anice

Company: Ailey Extension
Venue: Ailey Extension
Location: New York , NY

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Pranto Podder

Pilin Anice's Wellness Workshop Series is designed to re-center your physical and emotional well-being and provide you with tools to carry with you beyond the studio.

Each class blends a fluid vinyasa practice with live drumming to release tension, open the heart, and ignite joy. After movement, enjoy guided meditation to release limitations and support emotional strength. We will conclude with a brief reflection circle to set intentions and anchor clarity for your wellness goals. Leave renewed, inspired, and connected to your true potential!

We recommend participating on a non-slip yoga or Pilates mat. Ailey Extension does not provide mats for students.

Ailey Extension
405 W 55th Street
New York , NY, 10019
212-405-9000
<https://ailey.org/events/wellness-workshop-feb>

Schedule
February 8, 2026: 10:00am
March 8, 2026: 10:00am
April 12, 2026: 10:00am
May 17, 2026: 10:00am

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