



new yorkers for dance.

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Wednesday, December 31, 1969 - Sunday, February 9, 2020

Afro Flow Yoga

Company: The Ailey Studios

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Venue: The Ailey Studios

Location: new york, ny

Come experience joy and elation through movement and sound. 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.

The Ailey Studios
405 w 55th st
new york, ny, 10019
2124059000

Schedule
February 9, 2020: 2:30pm
December 31, 1969: 7:00pm, 7:00pm, 7:00pm, 7:00pm,
7:00pm

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

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[Mission](#)[People](#)[Board and Committees](#)[Junior Committee](#)[Funders](#)[Staff](#)[Volunteers](#)[Contact](#)[Donate](#)

PROGRAMS

[Overview](#)[Events](#)[Events](#)[Symposium](#)[Photos](#)[Videos](#)[Research](#)[Funds](#)[Dance Advancement](#)[Artist Residency](#)[Rehearsal Space Subsidy](#)[Disability Dance Artistry](#)[Emergency Response](#)[Junior Committee](#)[About](#)[Member Bios](#)[JComm Blog](#)

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[Research](#)

[Events](#)

[Fund](#)

[Artist Residency](#)

[Network](#)

[Dance Maker Directory](#)

[Resources](#)

[Accessible Spaces](#)

[Immigrants, Dance, Arts,](#)

[About](#)

[Task Force](#)

[Research](#)

[Events](#)

[Network](#)

[Dance Maker Directory](#)

[Resources](#)

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[Field News](#)

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[Huffington Post](#)

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[Community Calendar](#)

[Artist Directories](#)

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Contact

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