

## Ready, Set, Fit: Afro flow yoga April 16, 2017



Afro flow yoga fuses traditional yoga and African dance to get you up and moving, allowing you to stretch and dance off calories.

Watch interview here: <a href="http://brooklyn.news12.com/clip/13317226/ready-set-fit-afro-flow-yoga">http://brooklyn.news12.com/clip/13317226/ready-set-fit-afro-flow-yoga</a>