

# THE AILEY. EXTENSION

Press Contact: Dezmon Gilmore  
[Dgilmore@alvinailey.org](mailto:Dgilmore@alvinailey.org)

## The Ailey Extension Spices Up February Class Offerings With Exciting New Workshop Lineups and Exclusive Class—DANZATONE™

*Special Classes Include Valentine's Day Salsa, Spirit of Carnaval, and Afro Flow Yoga among over 25 other unique offerings During Heart Health Month that will help participants "Get Fit in '14"*



**NEW YORK – January 30, 2014** — In celebration of Heart Health Month, Valentine's Day, and the 2014 Carnaval; in February the Ailey Extension will offer a new technique, and a series of one-day only dance and fitness workshops taught by world renowned instructors, designed to move and excite participants of all levels and backgrounds. The Extension's vast offerings allow the general public a unique opportunity to experience a variety of dance and fitness techniques from around the world, including Danzatione™, Afro Flow Yoga (AFY), Valentine's Day Salsa, and the Spirit of Carnaval workshop.

Every Saturday in February, fitness enthusiasts and newcomers alike are invited to experience [DANZATONE](#), a technique being offered in New York City for the first time and exclusively at The Ailey Extension. Lead by personal trainer and dancer [Jose Ozuna](#), this 60 minute non-stop dance-fitness program that fuses world dance and music including merengue, mambo, bachata, salsa, reggaeton, dembow, hip-hop and more, with variations of high and low intensity movements that all levels can perform. The class will give your cardio routine a much needed jolt of excitement, strengthen your body and maximize the use of your core, simultaneously invoking leg strength, and flexibility.

The February 14<sup>th</sup> [Valentine's Day Salsa Class](#) taught by Baila Society, producers of the world's most comprehensive Salsa Instructional Library, has something to offer everyone. Whether or not you have a sweetheart this Valentine's Day, you're sure to have a good time. No partner required for class; meet new people and have fun learning the moves that will turn heads and impress your next partner on the dance floor.

[Quenia Ribeiro](#), resident instructor, native Brazilian, and director of Grupo Ribeiro, will lead the [Spirit of Carnaval Workshop](#) on February 16<sup>th</sup> in advance of Brazil's yearly Carnaval festival (February 28<sup>th</sup>- March 4<sup>th</sup>). The class explores the different styles of dance and rhythm, from Rio de Janeiro to Salvador de Bahia. Participants can choose from three different class selections: **Samba Drumming**, an instructional class on the technique of playing samba percussions in the style of a acteria from Rio de Janeiro; **Samba in Platform Heels**, a special class that focuses on dancing Samba No Pe in high heels while preventing embarrassing slips and falls; and **Samba Reggae/Samba da Bahia**, a session dedicated to the dances of Bahia – the birthplace of Samba – including the high energy dance styles of Samba de Roda, Samba Reggae and Samba Afro.

Participants looking for mental clarity, peace and balance can join creator, **Leslie Salmon Jones** and AFY instructor **Pilin Anice** on February 23<sup>rd</sup> for [Afro Flow Yoga](#), as they guide you through natural movements to free the mind and body from stress. Afro Flow Yoga® infuses electrifying dance movements of the African Diaspora flowing with a meditative yoga sequence of gentle yet powerful stretches. The class will help you affirm your purpose, flow into your intentions and align with vision.

For complete Ailey Extension schedule or to register, visit [www.aileyextension.com](http://www.aileyextension.com).

For more information on group visits or to schedule a trip to The Ailey Extension, visit the group visits page [here](#).

### February Highlights:

#### [DANZATONE](#)

February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup>  
9:30 - 10:30a.m.

#### [Valentine's Day Salsa Class](#)

Friday, February 14<sup>th</sup>  
7:00 - 9:00p.m.

*Single Ticket \$25/ Couple Ticket \$45 (\$40 if purchased by Feb. 7)*

#### [Spirit of Carnaval](#)

Sunday, February 16<sup>th</sup>

12:30 - 1:30pm

**Samba Do Rio Drumming Workshop**

2:00 - 3:00pm

**Samba in Platform Heels**

4:00 - 5:30pm

**Samba Reggae/Samba da Bahia**

#### [Afro Flow Yoga](#)

Sunday, February 23<sup>rd</sup>

3:30 - 5:00pm

### PRESS:

For additional press materials including photos, video, and class descriptions please visit the links below or [pressroom.alvinailey.org](http://pressroom.alvinailey.org)

[Class Images](#)  
[Electronic Press Kit](#)

Since its inception in 2005, The Ailey Extension has fulfilled Mr. Ailey's life-long commitment of bringing dance to everyone by offering "real classes for real people." The Ailey Extension offers of over 80 classes per week in more than 25 different dance and fitness techniques such as [Horton](#), [Ballet](#), [Masala Bhangra](#), [West African](#), [Samba](#), [Jazz](#), [Zumba](#), [House](#) and [Hip Hop](#). All levels are welcome, including beginners! Over 73,000 people have taken classes at Ailey's home, New York's largest building dedicated to dance, where dancers of all levels and walks of life can learn and be inspired – body, mind, and spirit!