

# AFRO FLOW YOGA® PRESS KIT



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## WHAT IS AFRO FLOW YOGA®?

Afro Flow Yoga® is an embodied practice that infuses dance movements of the African Diaspora with a meditative yoga sequence and live healing music. Afro Flow Yoga® promotes individual and collective healing in a compassionate, non-judgmental, inclusive and safe environment. We offer in person and virtual classes, workshops, retreats, discussions and teacher training programs. We cultivate community building and activism through the lens of embodied practices of the African Diaspora. We provide educational resources on the history of racism, deconstructing racism and healing our roots.

## OUR MISSION

To make healing and transformation accessible to all individuals, communities and the world. By connecting to our roots, we inspire unity, love, harmony and interconnection to all beings and the earth while striving for social justice and equity.

## VISION

We envision a world where nature has been restored back to a state of harmony. Through the traditions and teachings of dances of the African Diaspora, yogic practices, healing rhythms, love, and compassion, we celebrate our interconnection and honor and respect our shared humanity and cultural differences through the deep wisdom of our personal stories and stories and traditions of our ancestors, bridging cultural divides through ritual, healing, joy, nature and the recognition of our Oneness in the Divine.

## WHO WE REACH

People of all backgrounds ranging in age, size, color, shape, faith, generation, gender and socio-economic backgrounds who are interested in improving the well-being of themselves and others.

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## MEANING OF OUR LOGO

The Afro Flow Yoga® logo has within it several symbols representing our mission and vision. First, the tree which represents connecting to our roots and the energy of nature. The leaves of the tree are people in fetal position which represents new beginnings and the raising of consciousness. Then we have a woman in the middle, who is the dancer in all of us. The center of the logo is the drum which represents rhythm, like a heartbeat and has been used to call the spirits of our ancestors.

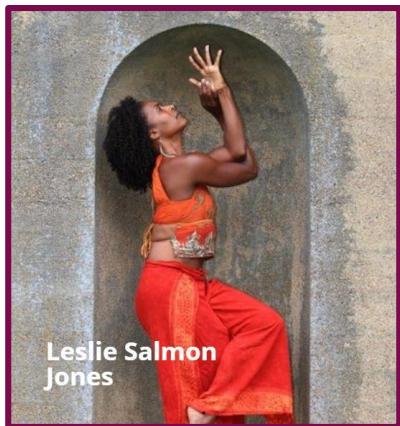


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## OUR FOUNDERS



Afro Flow Yoga® founder, **Leslie Salmon Jones** enjoys a career working with clients, students, diverse populations, and community organizations to help develop mastery over their physical, emotional, mental and spiritual well-beings. Since dancing at the age of seven, Leslie has been cultivating her passions as a professional dancer, yoga instructor, wellness coach, public speaker and community activist. She completed her BA in interdisciplinary studies in health sciences and dance at SUNY, NYC and has had the opportunity to study and train with world-renowned masters of dance, yoga and spirituality. It was through her intensive dance training at the Alvin Ailey School in New York that Leslie was first introduced to yoga, and nearly 25 years later, she remains dedicated to her yoga practice and teaching. It was the connection with African spirituality, yogic principals, the intrinsic expression of movement through nature's elements and a transformational journey throughout Africa and the Caribbean, that inspired Leslie to create Afro Flow Yoga® in 2008.



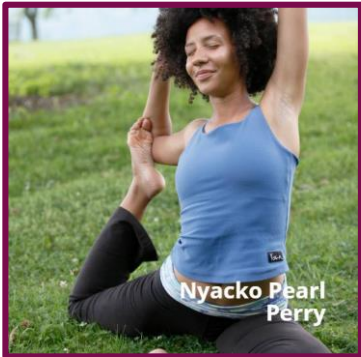
Afro Flow Yoga® co-founder, **Jeff W Jones**, is a multi-instrumentalist, recording artist, musical director, composer and co-creator with his wife and founder, Leslie Salmon Jones. Jeff creates an intuitive dynamic flow through a stream of consciousness and the mastery of African inspired rhythms, instruments and vocals, synergizing the class collective. His use of the Djembe, which he brought back from Ghana, congas, bongos, Sudanese acholi lyre, Indian bells, tambourine along with an eclectic array of tonal instruments, makes for a healing musical journey.

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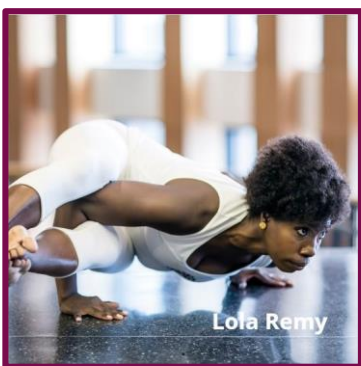


## MEET OUR TEAM



### BOSTON

Nyacko Pearl Perry is the founder of Yin Consulting, an organization development and wellness group whose vision is to create a more racially just and inclusive world for all. As the Director of Organization Development for Afro Flow Yoga®, Nyacko supports the effectiveness of internal operations and the deployment of new infrastructure. Her contributions include change management, strategic planning, and process consulting. In addition to being an Afro Flow Yoga® Certified Teacher, Nyacko is a 500 Hour Professional Level Yoga Teacher and a Returned Peace Corps Botswana Volunteer. Her expertise includes program management, public health and youth empowerment. Nyacko holds a Masters with Distinction in Organization Development from American University and is a recipient of the university's Segal-Seashore Fellowship Award for her commitment to social justice. When Nyacko is not flowing, she can be found in nature with her partner Biplaw and their two Olde English Bulldogs. [www.yinconsulting.com](http://www.yinconsulting.com)



### BOSTON

Originally from Port-au-Prince, Haiti, **Lola Remy** has studied and performed the dances of Africa and the African diaspora for over 15 years. She uses dance and movement as a mode of self-exploration and expression and she encourages others to do the same. Lola has been a student and mentee of Leslie Salmon Jones since 2015. She is grateful for every opportunity to share and lead flow. Lola teaches dance, therapeutic yoga and movement, and fitness classes in Cambridge and Boston. She has performed and created choreography for theater and dance ensembles including Praxis Stage, Benkadi Dance and Drum, Beat Tree, Cape Cod African Dance and Drum and, Pasy Naay Leer Dance Company.

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## MEET OUR TEAM



Melina Mon

### BOSTON

**Melina Mon** is a healing facilitator who has been in the Health and Wellness field professionally since 2010. She is certified as an Orthopedic Massage Therapist, an Advanced Reiki Provider, a Traditional Chinese Medicine (TCM) Herbalist, and happens to be an Ordained Minister. She is an avid practitioner of Afro Flow Yoga® and is currently training to become an instructor as well. Melina was first introduced to Afro Flow Yoga® in 2013 through Spirit and ceremony and quickly committed to becoming a part of the AFY community. Melina graduated Cum Laude with a Bachelor's of Science in Hospitality and Tourism Management from the Isenberg School of Management at UMass. After almost 20 years of working in the hospitality industry, Melina graduated from the Cortiva Institute of Massage Therapy in 2010. She later studied Traditional Chinese Medicine and Herbology at Connecticut Institute of Herbal Studies. Melina has learned from elders and medicine people in oral traditions, ritual and ceremony of First Nations people across points of North America. Her life's work has taken on a blending of many cultural medicines, and she channels this energy into her practice of Afro Flow Yoga® as well.



Gina Onayiga

### NEW YORK

**Gina Onayiga**, LCSW is a daughter of Haitian-born parents who filled her ears with music of the diaspora from birth so she developed an early appreciation for rhythm and body movement by connecting to her roots. Gina actively participates in classes under the guidance of professional dancers in her community. Gina recognized the benefits of yoga immediately after being introduced to it in 2010 as a means of coping with a demanding foster care job. She took her first Afro Flow Yoga® class in 2016 and then enrolled in Teacher Training. Following her commitment to yoga and rhythm, Gina is an Afro Flow Yoga® certified teacher. Gina obtained both a Bachelor's and a Master's degree in Social Work from Mercy College and Fordham University, respectively. With experience ranging from child welfare, behavioral health, transitional housing, and early education, Gina is committed to serving communities that do not have easy access to yoga.

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## MEET OUR TEAM



**Sheona Little** is a true educator at heart. She has a master's degree in education with over 15 years of experience in urban education, mentoring, the arts, and youth advocate programming. She is the founder of Siyanda Esha Wellness, which is a collaboration of health and wellness experts on a mission to help people live their best lives through quality holistic health and wellness programs and services. Sheona also founded a program called Siyanda Girls to help guide, lead, and prepare young girls of color for a future of greatness.

Sheona is a native of Harrisburg, Pennsylvania and began her love of dance and community service as a child, while performing with the Harrisburg Dance Conservatory. She realized the impact of being a young Black dancer in a community where most children did not get to have that experience. It is here where she knew she wanted to share her gifts and talents to uplift and inspire people, especially People of Color. Sheona was introduced to Afro Flow Yoga® through a friend of hers who encouraged her to do the training. As soon as she connected with Leslie Salmon Jones and learned more about the Afro Flow Yoga® program, Sheona was immediately hooked!

She had been looking for a type of movement exercise that invoked healing, connection and community and Afro Flow Yoga® was the platform she had been dreaming about. Sheona says that she has never felt more connected to any other work of art or group of people.

Sheona is now a certified Afro Flow Yoga Instructor and a 200hr LYT. She is currently teaching Afro Flow Yoga® classes with her husband Steve Little, which she refers to as her biggest blessing and supporter. Sheona's husband Steve is also an educator and community advocate. Together they have three amazing children. Their goal is to continue to serve and educate the underserved and disadvantaged communities and to work together to promote healing, wellness, and education around the world.

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## SERVICES

### THEMES

- THEME BUILDING
- EQUITY, DIVERSITY & INCLUSION
- YOUTH PROGRAMS
- COMMUNITY BUILDING
- STRESS MANAGEMENT
- HEALTH AND WELLNESS
- BLACK HISTORY
- LEADERSHIP
- SOCIAL ACTIVISM

### WHAT WE DO

- VIRTUAL CLASSES & WORKSHOPS
- SINGLE CLASSES
- CLASS SERIES
- WORKSHOPS
- RETREATS
- SPECIAL EVENTS
- TEACHER TRAINING
- SPEAKING ENGAGEMENTS
- CONFERENCES



### WHO WE WORK WITH

- PUBLIC
- PRIVATE
- CORPORATE
- FAMILIES
- STUDENTS
- INDIGENOUS YOUTH
- SPECIAL POPULATIONS
- HEALTH PROFESSIONALS

### WHERE WE GO

- VIRTUAL WORKSHOPS
- SCHOOLS & UNIVERSITIES
- NON-PROFIT
- HOMES
- FESTIVALS
- MUSEUMS
- RETREAT CENTERS
- YOGA & DANCE STUDIOS

FOR BOOKINGS  
CLICK HERE

### LENGTH OF CLASSES

- 60 MINS
- 90 MINS
- HALF DAY
- FULL DAY
- WEEKEND
- WEEKLONG

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## TESTIMONIALS



*"Being our longest running signature community programs, Afro Flow Yoga has helped to us shape and define our space as a place of restoration, healing and community-bridging one flow at a time." ~ Marisa Luse, Campus Engagement and Collaborations Manager, Northeastern Crossing*



*"There are so many different voices in yoga, and I present to you inspiring and transformative teachers with whom I have practiced. Canadian activist Leslie Salmon Jones, co-founder of @ AfroFlowYoga, along with Jeff W. Jones (co-founder, musician and husband) promote yoga, dance and music using a variety of instruments including drums. Their classes are filled with depth, joy, love and dance!" ~ Sophie Grégoire Trudeau, wife of Prime Minister Justin Trudeau and women and children's activist*



*"I would highly recommend Afro Flow Yoga for any team-building events your organization might have. Whether for a small group or a large party, they're fantastic. Afro Flow Yoga has performed at our company parties more than once - they are highly engaging, fun for everyone, talented, and all-around AWESOME." ~ Nicole Sahin, CEO, Globalization Partners, Inc.*



*"All I can say is that YOU CHANGED MY LIFE!!! I love what AFY does for my body, mind and soul! I miss it, and can't wait to get back in the groove -Love and Peace" - Omega Retreat participant Hilda, Lowell MA*



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## PRINT MEDIA

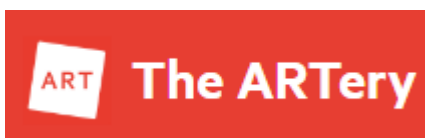
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## SELF



## ESSENCE



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## BROADCAST MEDIA

Click on image for video



Afro Flow Yoga featured in the OWN network's film, Dark Girls 2: Deep, Dark and Divine (The Journey to Healing). Released on June 23, 2020.



Afro Flow Yoga featured in Athleta Spring 2019 ad campaign



Afro Flow Yoga instructor, Netsanet Mekonen (based in Israel), interview with i24news - 2018



Afro Flow Yoga on Ready, Set, Fit - 2018

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## BROADCAST MEDIA

Click on image for video



Afro Flow Yoga interview with BNN News - 2017



Afro Flow Yoga interview with Shakti Sundari at Bali Spirit Festival - 2017



Afro Flow Yoga at Ailey Extension - 2016



Afro Flow Yoga on Arise and Shine – 2014



Afro Flow Yoga at The Dance Complex - 2013



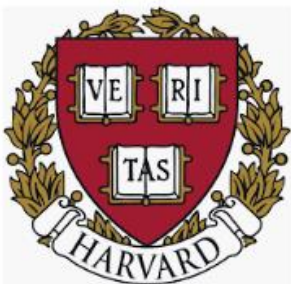
Afro Flow Yoga on Better Living with Liz Walker - 2011

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## RESOURCES

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**Afro Flow Yoga® Training programs: Module 1 – Foundations**  
Immerse in the history and the culture of the African Diaspora, in your inheritance and legacies. Explore the practice of self-discipline and spiritual development.



### History of Racism

Books, articles, documentaries, resource lists, Dark Girls 2 documentary on the OWN network featuring segment on Afro Flow Yoga



### Restoring our Roots to Rise

Organizations for Mental Health, organizations, community offerings, meditation resources, books, videos  
Black-owned businesses resources



### Deconstructing Racism and becoming Anti-Racist

Organizations, books, articles, resource list, podcasts, videos

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## USE OF SYMBOLS

Afro Flow Yoga® uses several symbols from West African wisdom – the Adinkra symbols.



**ADINKRAHENE** is chief of the Adinkra symbols. It is a symbol of greatness, charisma and leadership. This symbol is said to have played an inspiring role in the designing of other symbols. It signifies the importance of playing a leadership role.



**SANKOFA** teaches us that we must go back to our roots in order to move forward. That is, we should reach back and gather the best of what our past has to teach us, so that we can achieve our full potential as we move forward. Whatever we have lost, forgotten, forgone, or been stripped of can be reclaimed, revived, preserved, and perpetuated.



**SESA WO SUBAN** signifies personal reflection and life transformation. It's a composition of two symbols; the inner star which represents a new day and an outer wheel which implies initiative and moving forward. The symbol encourages people to make a positive change to the world by their actions.



**MAKO** is a symbol of inequality, uneven resources and uneven development. This proverb admonishes the greater ones to help the less fortunate with the implicit understanding that fortunes could reverse so that they would also need someone's help. That is, "time changes" so any advantage one may have now may not persist forever.

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