

**After Sunday Convention sessions complete,
join the New York Metro Chapter in**

FREE
Yoga & Meditation Session
The Art of Living

(Registration in Advance)

Sunday, August 30 | 6:45pm – 7:45pm
Midtown Hilton, Regent Room

REGISTER AT
<https://goo.gl/PvSoSw>

FREE
Dance Fusion

(Registration in Advance)

Sunday, August 30 | 7:00pm – 8:00pm
Midtown Hilton, Mercury Ballroom

REGISTER AT
<https://goo.gl/CvUDDj>

Come stretch your muscles physically and mentally at a meditation session with the Art of Living. Meditation has proven benefits to improve the well-being of the body while nurturing your mind and spirit. Whether you are a beginner or a regular practitioner, join us to learn some effective postures and techniques to destress and gain control of your personal and professional life - and meet others who enjoy it as well!

Join Dance Masters and Ascend Member, Ram Saravanapavaan and Raj Wali, as they teach you the moves to Bollywood fusion, mixing Indian contemporary dance with hip hop and RnB. Whether you're an aspiring artist or have two left feet, come join fellow Convention attendees and Ascend members to learn a 2-3 minute choreographed dance for a fun time (which may get you ready for your next flash mob!)

- Open to all Ascend Members OR Convention Attendees
- Please arrive by 6:30pm, and feel free to dress comfortably.

ASCEND AFTER-PARTY & NETWORKING



SUNDAY, AUGUST 30TH 8:00PM – 10:00PM
Supernova Bar at Novotel Hotel
226 W. 52nd St, New York, NY 10019

NO COVER

REGISTER AT
<https://goo.gl/COkylc>

After an inspiring day of Convention programming and activities, come unwind and share your thoughts with other attendees and Ascend members at the Official Convention After Party. Feel free to stop by and say hello to Chapter officers from across the country, network with your peers, or simply dance the night away. Hope to see you there!

• All Professionals (must be 21+)

• For questions, please contact Niyati Shah at nshah@cifc.com



TWEET US! @ASCENDLEADER & @ASCENDNYMETRO

#ASCENDLEADERSHIP

#Ascend2015 #10YearsofAscend