

Acro Expressions

Creative Flow Yo!!!

March 3-4, 2012 ~ 9am.- 5pm (Saturday & Sunday)

\$170 before February 14th / \$250 after February 14th

What is the creative process? What is my personal physical vocabulary?
How can I use this to develop and evolve a unique yet accessible partner and group body balancing style?

Come and explore the creative process, the creative flow within, in the company of like minded individuals. Two days of innovation and technical refinement. Develop an eye that sees failures and mistakes as chance happenings with potential. Drawing from Dance, Theatre, Acrobatics, AcroYoga, Tai Chi and whatever you personally bring to the table, we will experiment with the different shelves of the body to construct dynamic and static partner body balancing configurations and flows.

This is your Acro Expression, own it, do it, show it, live it!! There is no right, there is no wrong. There is only breath, rhythm, mindfulness, and FUN!!!

Founders of AcroYoga Montreal, Jessie and Eugene have been collaborating since 1982. First as a dance /performance variety duo called Special blend, fusing their contrasting styles to create a unique and accessible edutainment experience for all ages. In 1998 they were introduced to Ashtanga Yoga. It was a revelation, the awareness of the breath and vinyasa profoundly changed their dancing . The ease and simplicity that came with Yoga transformed their performances and the seed for what was to become AcroYoga in 2001 were planted. Their style of AcroYoga has morphed organically out of their dance and yoga. acroyoga.com

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