

Acro Yoga Dimensions: with Jessica Goldberg and Eugene Poku

Sundays: March 14 & April 25, 2010

This Workshop Will Explore:

- Seamless and Dynamic Transitions of Acro Yoga Vinyasa: moving from one pose to another with fluidity and breath.
- Inner Stillness of Acro Yoga Meditation: harmonize breath with partner in long holds (1-3 min.) to move naturally into a slow meditative flow.

Cost: \$40 per session
Time: 2-5pm

This workshop offers participants detailed, yet simple guidance in and out of partner balances, which make the postures accessible to the advanced beginner* right through to the advanced practitioner.

** Consistent yoga practice and previous Acro Yoga experience recommended.*

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