

Intro To AcroYoga

Sundays: May. 13, 20, 27 / June 3, 2012 ~ 1:30 - 3pm.

with **Costa Koutrokois** and **Jill Campbell**

Cost \$ 70 for the series / or \$20 per session

*price includes tax and yoga mat rental
pre-registration required*



Ashtanga Yoga Montreal
372 Ste-Catherine St. West, suite # 118 (514) 875-9642
ashtangamontreal.com



Become fitter, stronger, healthier, and calmer with play.

The fundamentals of AcroYoga are presented here in a safe and nurturing environment. Come experience the stillness of the moment in balance with another. The challenging and confidence - building practice of Acro Yoga will connect you to your strength and inner calm in the company of like minded individuals. acroyoga.com