



INTRO TO ACRO YOGA

Acrobatics with a yogic consciousness

An introductory course to the fundamentals of acro yoga

Sundays: Jan. 17, 24, 31 - Feb 7, 14, 21 1:30-3pm

Preregistration required

Yoga mat rental and tax included

Cost: \$20 per session / \$100 for 6 sessions

The fundamentals of Acro Yoga 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 likeminded individuals.

This Workshop Will Explore:

- ◆ Partner dynamics: using partner yoga to develop sensitivity and awareness of our partner.
- ◆ Core body stabilization: strength building techniques to cultivate lightness.
- ◆ The Essential 3 - base, flyer and spotter: looking at and understanding the role and importance of each individual!!
- ◆ Spotting Techniques to ensure safety and freedom
- ◆ Basic partner - Acro balances and partner flying techniques

Requirements:

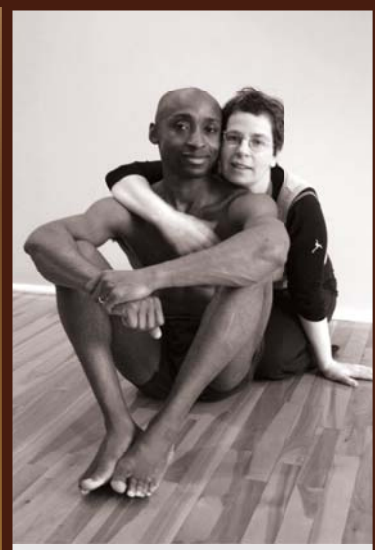
- ◆ Participants should be capable of holding plank pose, a wall assisted headstand and handstand.
- ◆ Partner not required
- ◆ A strong sense of humor and playfulness!

For the intermediate practitioners you will have the opportunity to refine your skills and transitional movements, to help you create seamless flows.



www.acroyoga.com

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About Us:

Co-directors of Ashtanga Yoga Montreal, Jessica Goldberg and Eugene Poku make up a dynamic performance duo called Special Blend. With over 25 years experience of teaching and performing together, Jessie and Eugene's style combine naturally to help deepen their students' inner awareness. They bring to yoga a varied background in dance, martial arts, and circus performance, offering their students a nourishing and informed feast of ideas.

Ashtanga Yoga Montreal

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