

# AcroYoga Class

Acrobatics with a yogic consciousness

Fridays 6 -7:30pm

with Jill Campbell and Costa Koutrokois



*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.**

## ***This class 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**



Ashtanga Yoga Montreal

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[www.ashtangamontreal.com](http://www.ashtangamontreal.com)

[www.acroyoga.com](http://www.acroyoga.com)