

# Valentine's Day Partner yoga with Acroyoga fundamentals Workshop Series

EXPLORE YOUR POTENTIAL! ALL LEVELS, ALL PEOPLE ARE WELCOME TO COME PLAY. NO PARTNER NECESSARY.

ACROYOGA BLENDS THE SPIRITUAL WISDOM OF YOGA, THE DYNAMIC POWER OF ACROBATICS, AND THE LOVING KINDNESS OF PARTNER MASSAGE. THESE THREE FORM THE FOUNDATION OF A UNIQUE PRACTICE THAT CULTIVATES TRUST, CONNECTION AND PLAYFULNESS.

THIS FUNDAMENTALS SERIES WILL INTRODUCE BEGINNERS TO THE FOUNDATION OF ACROYOGA AND PROVIDE STUDENTS WITH AN EXISTING ACROYOGA PRACTICE THE OPPORTUNITY TO REFINE FUNDAMENTAL TECHNIQUES. THIS ALL-LEVELS SERIES WILL SHARE FUNDAMENTAL SKILLS AND TECHNIQUES TO HELP YOU EXPERIENCE THE JOY OF THIS AMAZING PRACTICE.

CLASSES WILL INCLUDE ELEMENTS OF ASANA, PARTNER YOGA, ASSISTED INVERSIONS, BASIC PARTNER ACROBATICS, THERAPEUTIC FLYING, AND MASSAGE. IN THESE SESSIONS YOU WILL WORK IN PARTNERSHIP WITH NEW AND OLD FRIENDS TO SAFELY AND SUCCESSFULLY EXPERIENCE THE THREE ACROYOGA ROLES OF BASE, FLYER AND SPOTTER.

Join us for the first session of 2016!

February 14th from 2-4pm

Workshop cost: \$40 per couple

Pre-registration highly recommended for limited availability.

Hosted by Liz DeWitte & Lifesource Yoga

