

Acro Yoga Weekend

with Ale & Pau

27-28 March, 2010

Investment: 1550kr

Saturday:

10:00-13:00

Sacred Dance and Flight / Foundation and Therapeutics. This morning practice is an opportunity to get familiar with the Acroyoga fundamentals. We plant the seed that will take us through the weekend safely, connected and joyfully.

15:00-18:00

Metta, Loving kindness- Acroyoga Flying Therapeutics and Thai massage. Exploring therepeutic flows, transitions and grounding as well as the basic "sacred dance" moves through Thai massage.

Sunday:

10:00-13:00 and 15:00-18:00

Shiva's Fire-Inversion, Acrobatics and Transitions!

We end the weekend in its fullest expression. Starting in the morning with inversions and Acrobatics and afternoon flying transitions. Shiva is known to be the lord of transformation and a powerful symbol of change. Through inversions and acrobatics we empower ourselves in such a way, that the will and skill to transform becomes more graceful and fun! We will learn the detailed techniques to stay tighter, to feel stronger and to transitions from posture to posture, opening more possibilities to our practice.

Pau & Ale are both certified AcroYoga teachers. Check them out in the latest issue of "Om Yoga Om" magazine!



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