



Acro-Intensive Workshop

Riding the Flow

March 10th - 13th, 2012

Day 1 & 2: We will work on the building blocks of AcroYoga Mtl. Style. We will investigate core body containment, static partner balances, rotations and washing machines, and the creative process in AcroYoga utilizing theatre and dance exercises to break through our personal motor plans and movement patterns to create and eventually move from an inner rhythm that is spontaneous, direct and free from reactive patterns.

Day 3 & 4: The art of vinyasa in AcroYoga will be explored as we deconstruct – and then reconstruct – a 10-15 minute Acro Yoga flow, with an emphasis on utilizing and harnessing yoga and dance as the building block for partner body balancing dynamics, to find the balance between hard Acro, yoga and dance influenced phrasing and rhythm to create a seamless, timeless flow.

Daily Schedule: 9:00 AM – 12:00 PM, 1:30 – 4:30 PM

Founders of AcroYoga Montreal, Jessie and Eugene have been collaborating since 1982. First as a dance/performance variety duo called Special Blend, fusing their contrasting styles to create a unique and accessible edutainment experience for all ages. In 1998, they were introduced to Ashtanga Yoga. It was a revelation, the awareness of the breath and vinyasa profoundly changed their dancing. The ease and simplicity that came with Yoga transformed their performances and the seed for what was to become AcroYoga in 2001 was planted. Their style of AcroYoga has morphed organically out of their dance and yoga. www.acroyoga.com

Total price is **\$399 +GST.**

For more information and to register, visit www.lionsbreath.ca.

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