

ACROYOGA

NASHVILLE W/JONNY NOBLEZA

APR 23 @ YOGA SOURCE

209 10TH AVE S, STE 126 615.254.9642

WWW.YOGASOURCE.INFO

APR 24 @ ONE2YOGA

223 DONELSON PIKE 615.884.9021

WWW.ONE2YOGA.COM

APR 25 IN MEMPHIS @ MIDTOWN YOGA

MORE INFO: WWW.ACROYOGA.ORG

Kirtan Bhakti Thai & Fly

Friday April 23 7:00-9:00pm

Bhakti Thai & Fly is a celebration of community and life. We open with the practice of Bhakti Yoga through devotional chanting with live musical instrumentation. The blanket of group melody sets the foundation to explore some basic Thai Massage principals and supported therapeutic flying.

****This workshop is open to all and no partner is necessary.***

AcroYoga Fundamentals

Saturday April 24 11:00-1:45pm

This workshop is a foundational introduction to the 3 ancient lineages that comprise AcroYoga: Yoga, Acrobatics, and Thai Massage. We will explore how these lineages are linked and interwoven in a fun and challenging experience that makes up this beautiful and ever-evolving practice. We will work as a community to hold safe space as we work in building Trust, Connection, and Playfulness.

****This workshop is open to all and no partner is necessary.***

AcroYoga Acrobatics and Flying Transitions

Saturday April 24 3:15-6:00pm

This class will focus on safety and basic partnering, core and strength building techniques. We will explore fundamental basing, flying, and spotting techniques as we set the stage for supporting one another in more dynamic, supported and fun Acrobatic Flying Transitions.

****Must have taken at least 1 AcroYoga Fundamentals Workshop and must be comfortable in headstand and handstand against the wall. Previous yoga experience recommended****

Cost

Friday:

20\$ suggested donation. No one turned down!

We will also be collecting non-perishable goods for the Nashville Rescue Mission

Saturday:

each session \$40 or (\$50 after 4/16)

both \$70 (\$80 after 4/17)