

# AcroYoga Workshops

with Amy Impellizzeri



Seaside Yoga  
Sanctuary

**\$30**  
per  
workshop

**\$75** for  
three\*



## January 18<sup>th</sup> 1 - 3 pm | AcroYoga Flight School #1

AcroYoga blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. These three lineages form the foundation of a practice that cultivates trust, playfulness, and community. In this workshop we will explore each aspect of AcroYoga & discover together why it is so FUN! **1360 Fremont Blvd Seaside**

## February 1<sup>st</sup> 1 - 3 pm | Roots to Fly

Therapeutic Practice includes massage, therapeutic flying and partner yoga. The aim in these practices is that both the giver and receiver can feel more full and balanced. Our main tools are gravity, sensitivity, loving kindness, feeling and releasing.

Massage is an ancient gift from traditions. It is a practice that can be cultivated by to open the body using bodyweight, loving touch and mindfulness. Therapeutic flying is an inverted aerial massage. The base supports the flyer with their legs as the flyer hangs passively. The base uses gravity, stretching and sensitive touch to open the flyers upper body. When the flyer comes down they do massage on the bases warmed up legs. The session is complete when both partner have given and received, based and flown, inhaled and exhaled. **1360 Fremont Blvd Seaside**

## March 8<sup>th</sup> 1 - 3 pm | Standing Tall!

As we build strength by using acrobatic and gymnastic training techniques we can expand the vision of our personal power. Push ups, down dog push ups, abdominal exercises and partner conditioning drills are some of the building blocks that bring the mind and body into strong teamwork. We also cultivate the ability to coach each other to encourage positively and teamwork.

The inversions and spotting give the chance to build trust and efficient acrobatic techniques for headstands, handstands etc. Partner Acrobatics is where we put it all together in a group of 3: Base, Flyer & Spotter. The base creates the foundation for the acrobatics, the flyer trusts and dances through the air and the spotter makes sure this all happens safely! These practices build a playful, strong community that can help us all realize our true potential. **300 Grand Ave Pacific Grove**



TO REGISTER: call: 831-899-YOGA email: [seasidyoga@sbcglobal.net](mailto:seasidyoga@sbcglobal.net)

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

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