



ॐ OMSHIVA YOGA

www.acroyoga.org

223A River Valley Road
www.omshivayoga.com

¡AcroYoga in Singapore!

During these workshops we will share happy and friendly moments, in a safe supportive, playful atmosphere. We will fly and base each other, AcroYoga-style! The fire of Acrobatics and the wisdom of Yoga blend into a surprising cocktail, of giving and receiving, strength and sensitivity, communication, high focus. and.. laughing out loud!

Wednesday 14 September 2011, 7:00 - 9:30 -- flying transitions

Learn to flip, spin, drop back and float, all while suspended in the air with the support of a partner! Using time-tested acrobatic training techniques, students will learn how to combine basic flying positions with inversions to create dynamic flying flows. Teachers will demonstrate techniques for bases, flyers and spotters that will keep the flying safe and supported. Familiarity with (and taste for:) handstands, and some acroyoga are experience preferable. Come support, be supported.. and play!

Thursday 15 September 2011, 7:00 - 9:30 -- acroyoga therapeutics

Therapeutic flying and Thai massage are the practices that hone an AcroYogis ability to be sensitive and receptive. Students will learn and practice honest, clear, compassionate communication to build the foundation of partnership. We will draw upon the natural forces of gravity and "metta" loving kindness to encourage the body to let go of fear and tension. The flow of basing and flying, giving and receiving, honoring and accepting, inhaling and exhaling will take both yogis into a new place of union and bliss. No partner, no yoga experience needed... though it always help :) Come fly and heal!.

Marc Bauchet is a certified AcroYoga teacher since 2008. He began his yoga and contact yoga journey 10 years ago, along the way met with Thai massage and a passion to share the love, fun and healing of these ancient practices

Prices: \$55 for one workshop, \$100 for two
(early bird price is \$5 off per workshop with payment before 1-Sep)

Info & reservation: Juliana at (+65)90902257 or info@omshivayoga.com