

## AcroYoga Workshop with Julia and Pascal 13<sup>th</sup> – 14<sup>th</sup> April 2012

### Acro Yoga Workshop

**Location:** DMC Studio  
**Cost:** AED 150.00 Half Day Session  
AED 300.00 Full Session  
AED 550.00 for the whole two (2) day Sessions

AcroYoga blends the spiritual wisdom of yoga, the loving kindness of Thai massage, and the dynamic power of Acrobatics. These three ancient line ages form this practice that cultivates trust, connection and playfulness.

#### 13<sup>th</sup> April 2012

##### 10:00am–12:30pm: AcroYoga Introduction Session: Celebrate Community

In this introduction to the foundations of AcroYoga we will explore how the lineages of Yoga, Acrobatics and Thai massage are linked in a fun and challenging class. The modern weaving of these three ancient traditions celebrates community with every breath and every move.

##### 2:00pm – 4:30pm: Therapeutic Flying: Celebrate Healing Touch

Therapeutic flying utilizes gravity and metta (loving kindness) to release and open the flyer's spine while grounding and empowering the base. Here the flyer receives all the benefits of an inversion without any of the effort. This is the nectar of AcroYoga, aka Anti-Gravitational Spinal Elongation Therapy.

#### 14<sup>th</sup> April 2012

##### 10:00am–12:30pm: Inversion Special

Inversions are postures that can teach us a great deal about patience, focus and precision. Training techniques will pave the way for yogis to be upside down with ease, control and grace. Headstands, forearm stands, handstand. Fun ways to practice, train and improve, no matter which level you're at, if you're working on your one armed handstands, or if you've never been upside down.

##### 2:00pm – 4:30pm: Acrobatic Flying: Principles and Transitions

Step into the wisdom of acrobatics and learn with ease and fu how to transit smoothly from one exciting position to another.



### Julia & Pascal's Bio



**Julia** has been practicing yoga for nearly a decade and is qualified to the 500 level with the Yoga Vidya ashram. In 2005 she became qualified as a massage

Therapist and then after an introduction to Jenny Sauer-Klein and Jason Nemer, the founders of Acroyoga, started to incorporate Acro into her daily life and practice. Her background in Biology and Massage Therapy seemed to be a perfect fit with this new style of yoga.

**Pascal** is attracted and fascinated by the power of Movement. As a sport scientist, former competitive athlete and a Personal Trainer, he studied Biomechanics, Physiology, Anatomy and various sports at the German Sport University Cologne. In 2011 he became Thai Massage Practitioner and finished his teacher training at Yoga Vidya. Teaching Slacklining, Acro Yoga and Thai Massage, Pascal travels the world to sharing his fascination for the inspiring power of people's body and mind.