

# AcroYoga

Thursdays 7:00-8:30pm

November 5, 12, 19      December 3, 10, 17



## AcroYoga Acrobatic Flight Series

All Levels welcome.

Some experience with yoga or acrobatics suggested.

Strength, flexibility, balance and inversion skills for learning basic to advanced basing, flying, and spotting.

Learn the yoga of play in the context of community and trust building.

Each Class we will build our flight skills progressively over the session resulting in the learning of a unique acrobatic flight sequence.

At home training, extra practice times, and "off the mat" life coaching practices integrated into the curriculum.

AcroYoga blends the spiritual wisdom of yoga, the loving kindness of Thai massage, and the dynamic power of Acrobatics. These three ancient lineages form the foundation of a unique new practice that cultivates trust, connection and playfulness. Our highest aim is to bring individuals into a state of union with themselves, with each other, and with the divine. From this place of mutual support the true self can be realized, honored and shared for the benefit of all. Om Shanti

Amy Impellizzeri is a Certified AcroYoga Teacher living in Santa Cruz. In addition to sharing AcroYoga nationally, Amy teaches yoga to school children, core conditioning, rock climbing and personal training. Her teachers include Sri K. Pattabhi Jois, Manju Jois, Jason Nemer, Jenny Sauer-Klein, Erin Maile O'Keefe & Kevin O'Keefe. [www.elementalbalance.org](http://www.elementalbalance.org)

*Aloha kâua: may there be friendship between us*



## Evolution

125 Oceanview Blvd., Suite 211 Pacific Grove, CA

Exchange:

Series- \$75 ( best price)

Punch card of 3 valid until Dec. 17th- \$45

Drop-in- \$18