

# AcroYoga Therapeutics Workshop Series

Single day \$35 advance / \$40 at door | Three days \$ 90 | Five days \$125

**2pm – 4:30pm the Second Saturday of each month**

Jan 14 ~ Intention, Feb 11 ~ Connection, March 10 ~ Community,  
April 14 ~ Surrender, May 12 ~ Creativity

Open your heart and cultivate receptivity through partner yoga, therapeutic flying and Thai massage. We begin from a space of honest, clear and compassionate communication to build the foundation of trust and partnership.

We will draw upon the natural forces of gravity and *metta*, loving kindness, to encourage the body to let go into a deepened sense of relaxation and liberation. 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. Some previous yoga experience recommended. Come alone or with a friend.



Your certified AcroYoga team:

**Sarah Vosen, Lara Catone, Sonia Peltzer and Sarah Yovovich**

AcroYoga is about partnership and community. When we let others support us, we grow stronger together. This is exactly why the AcroYoga LA teachers love to share this practice as a team. We each bring our unique strengths and backgrounds in yoga, acrobatics and Thai Massage and we delight in embodying this divine partnership to share our joys of this practice with you.

**Call 310.559.7200 to Reserve your Space!!**

Cancellations must be made one week in advance and will incur a 50% service fee.

