

Flexworkshop



# ACROVINYASA

with Jessica Lee & Doris Au-Yeung

Sunday 22 May 2016

1:30pm- 4pm | Central



**ACROVINYASA** takes yoga from earth to air by uniting elements of vinyasa, inversion training, and acroyoga. This practice cultivates trust and community in a powerful way. Inspired by traditional yoga asanas and L-based acrobatic flying, this progressive yoga system includes both solo and partner practice. Bringing a refreshingly playful approach to an ancient tradition, ACROVINYASA feels more like a dance with gravity than physical exercise. Prepare to develop a strong foundation as a base and an understanding of your body as a flyer, both on the ground and on your partner's feet!

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