

# Acro Yoga

## Teacher Training 2009

*The Art of Teaching Acrobatics with a Yogic Consciousness*



**Level 1: July 3-5**  
**15 hours**

**Level 2: July 7-11**  
**35 hours**

[www.acroyoga.com](http://www.acroyoga.com)

This is a short Teacher Training Intensive, we are looking for participants that have experience in Acro Yoga so we can focus our time on sharing the art of teaching acrobatics with a yogic consciousness, moving well beyond the fundamentals. Acro Yoga is a fun filled yet serious practice with the potential to reconnect us to our inner child. The participatory, interactive and self affirming energy of the practice unites likeminded people from different walks of life. It has many practical and therapeutic applications both in the Acro Yoga community and the world at large.

Acro Yoga's potential for dealing and helping people cope with trust issues is boundless since the root of the practice is trust and acceptance. Acro yoga cannot exist without this bond and understanding between practitioners. As Acro Yoga teachers we must be present, to ensure a safe and nurturing environment for our students. The mastery of the technique in our own practice is the foundation we draw on for teaching. How to communicate verbally and physically to our students the inner & outer experience are the skills we will explore.



**July 3-5, 2009**

**Teaching the fundamentals of static acrobatic and partner body balancing**

**Cost: \$250 (tax in) Acro Yoga manual included**

**Level 1: Requirements and Schedule**

This course will give participants the tools to teach basic partner yoga and AcroYoga balances.

- participants should feel comfortable upside down
- hold a tripod headstand and handstand comfortably against the wall
- hold plank pose and chaturanga dandasana with relative ease
- participants should have an ongoing AcroYoga practice
- be comfortable basing and flying basic AcroYoga balances
- have a consistent yoga asana practice 2-3 x per week
- most important of all a good "sense of humor"!!

**July 3, 9:00-12:30pm/1:30-5pm**

**Sample schedule:**

**9-9:30am:** meet and greet, meditation, group ceremony

**9:30-10:15am:** warm up a mix of [Ashtanga Yoga, core body stabilization, partner yoga]

**10:15am-12:00pm:** breaking down the essential partner acrobatic asana, and flying sequences necessary to establish a strong foundation

**12-12:30pm:** cool down, realign and meditation

**12:30-1:30pm:** Lunch

**1:30-2pm:** discussion, Q&A, meditation,

**2-4:15pm.** Teaching methodology: breaking down the essential partner acrobatic asana, and flying sequences necessary to establish a strong foundation

**4:15-4:30pm:** Acrobatic strength training, cool down and realigning, meditation and savasana

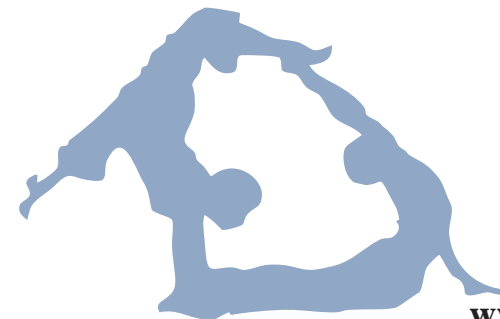
**July 4-5, 9:30-11:00am or 11:30am-1pm / 1:30-5pm**

The morning session is a yoga class.

**9:30-11am:** Ashtanga Yoga Flow level 2/3

The afternoon session is an AcroYoga intensive.

**1:30-5pm:** The focus will be on breaking down and teaching the essentials followed by Acrobatic strength training, a cool down and realigning.



**July 7-12, 2009**

**Teaching Intermediate level static acrobatic and partner body balancing and introduction to dynamic acrobatic and flying transitions**

**Cost: \$500 (tax in) Acro Yoga manual included**

**Level 2: Requirements and Schedule**

This course will give participants the tools to teach intermediate Partner Yoga and Acro Yoga balances and dynamic acrobatic and flying transitions

- participants should have previous experience in Acro Yoga,
- studied AcroYoga directly with Eugene & Jessie, or an AcroYoga teacher
- or have a strong Acro Yoga foundation from self practice
- be comfortable with handstands against the wall for at least 30 seconds
- have taken a Level 1 training
- have a consistent yoga asana practice 2-3 x per week
- most important of all a good "sense of humor"!

**July 7-10, 9:00-12:30pm/1:30-5pm**

**Sample schedule:**

**9-9:30am:** meet and greet, meditation, group ceremony

**9:30-10:15am:** warm up a mix of [Ashtanga Yoga, core body stabilization, partner yoga]

**10:15am-12:00pm:** breaking down intermediate partner acrobatic asana, flying sequences and preparing for dynamic transitions

**12-12:30pm:** cool down, realign and meditation

**12:30-1:30pm:** Lunch

**1:30-2pm:** discussion, Q&A, meditation,

**2-4:15pm:** Teaching methodology: breaking down intermediate partner acrobatic asana, flying sequences and preparing for dynamic transitions

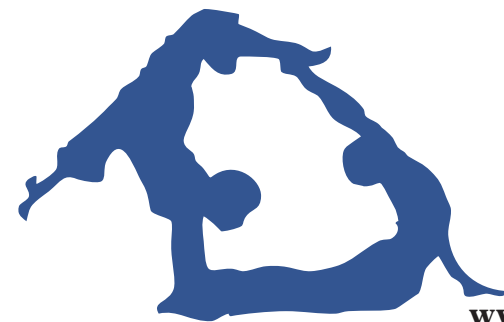
**4:15-5:00pm:** Acrobatic strength training, cool down and realigning, meditation and savasana

**July 11-12, 9:30-11:00am/1:30-5pm**

The morning session is a yoga class.

**9:30-11am:** Ashtanga Yoga Flow level 2/3

**1:30-5pm:** The focus will be on breaking down and teaching the intermediate and advanced partner acrobatic asana flows and transitions followed by acrobatic strength training, cool down and realigning.



## **Discount for Both (Level 1& 2)**

**Cost: \$650 (tax in) Acro Yoga manual included**

### **Acro Yoga Montreal's mandate is:**

The evolution of Acro Yoga beyond its traditional flow and movement through the fusion of Acro Yoga with other movement forms i.e. dance, b-boying(break dancing), and martial arts to create a contemporary aesthetic that knows no boundaries or forms. Just like b-boying, Acro Yoga will become an attitude and lifestyle not just steps or forms, but an ever changing chameleon that adapts to its practitioner and environment.

### **About Us:**

Co-directors of Acro Yoga Montreal and Ashtanga Yoga Montreal, Jessica Goldberg and Eugene Poku make up a dynamic performance duo called Special Blend. With over 25 years experience of teaching and performing together, Jessie and Eugene's style combine naturally to help deepen their students' inner awareness. They bring to yoga a varied background in dance, martial arts, and circus performance, offering their students a nourishing and informed feast of ideas.



***Acro Yoga Montréal***

[www.acroyoga.com](http://www.acroyoga.com)

[info@acroyoga.com](mailto:info@acroyoga.com)

***Ashtanga Yoga Montréal***

[www.ashtangamontreal.com](http://www.ashtangamontreal.com)

[info@ashtangamontreal.com](mailto:info@ashtangamontreal.com)

**(514) 875-9642**