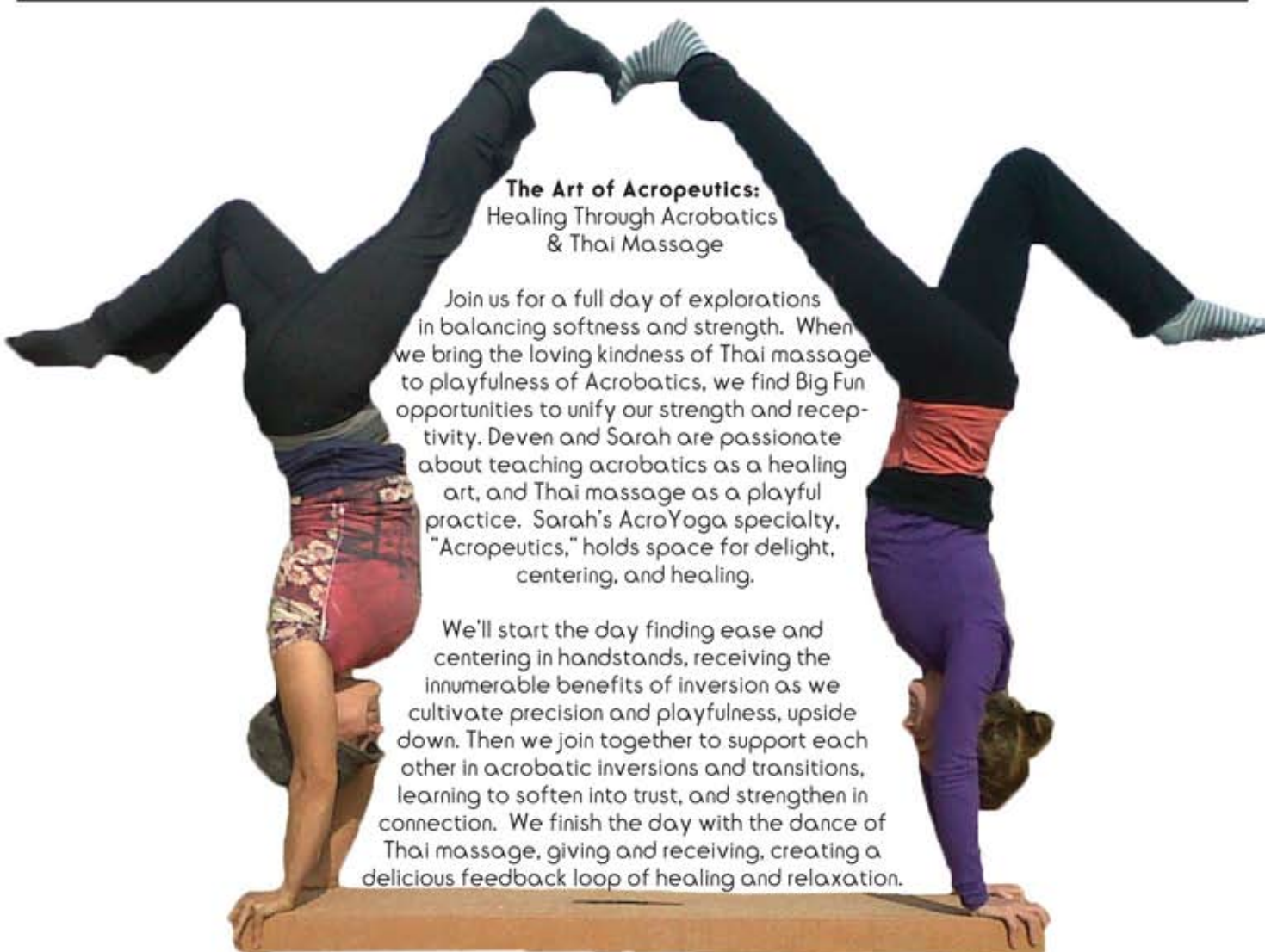


AcroYoga Acropeutics Weekend Workshops

Saturday February 25, 2012
with Sarah Yovovich & Sarah Vosen



The Art of Acropeutics: Healing Through Acrobatics & Thai Massage

Join us for a full day of explorations in balancing softness and strength. When we bring the loving kindness of Thai massage to playfulness of Acrobatics, we find Big Fun opportunities to unify our strength and receptivity. Deven and Sarah are passionate about teaching acrobatics as a healing art, and Thai massage as a playful practice. Sarah's AcroYoga specialty, "Acropeutics," holds space for delight, centering, and healing.

We'll start the day finding ease and centering in handstands, receiving the innumerable benefits of inversion as we cultivate precision and playfulness, upside down. Then we join together to support each other in acrobatic inversions and transitions, learning to soften into trust, and strengthen in connection. We finish the day with the dance of Thai massage, giving and receiving, creating a delicious feedback loop of healing and relaxation.

Join us for whichever Acropeutics workshops speak to you -- or get a nice discount when you come to play for the whole day!

Please pre-register for the best price

10-12 The Art & Science of Handstands -- \$40

1-4 Acropeutic Foundations and Transitions -- \$60

4:30-6:30 Thai & Fly -- \$40

Full day: \$108

BY FEBRUARY 18:

Sat 10-12 pm \$35

Sat 1-4pm \$55

Sat 4:30-6:30pm \$35

Entire weekend \$100

REGULAR PRICE:

Sat 10-12 pm \$40

Sat 1-4pm \$60

Sat 4:30-6:30pm \$40

Entire weekend \$108



32 E Micheltorena St., Santa Barbara, CA 93101 805.965.6045
www.santabarbarayogacenter.com