

Acroyoga Therapeutics



with Tanya and Lilamani

*Everyone Welcome...
For all levels of experience.*

Whether you come from a background of yoga, acro or massage, this workshop will have something for you. Throughout the 2 afternoons, together we will play and explore all three elements. Weave them into a therapeutic flying flow.

Therapeutic AcroYoga is giving healing touch whilst suspending the receiver passively in the air. Gravity on our side deepens the massage touch, and the relaxed postures softly stretch our receiver to allow for deep opening of their body and energy channels. You will have full opportunity to give and also surrender as the receiver.

No matter if you are a seasoned AcroYogi, or totally new to the joyful nurturing practice of Therapeutic AcroYoga, all levels will be catered for within this progressive flow. That's the magic of this practice - there are always new limits to stretch beyond.



When: Saturday 15th August, 3 - 6:30 pm
(setting the foundations)

When: Saturday 22nd August, 3 - 7 pm
(concluding with a shared dinner)

Where: Clayfield Yoga Studio,
Cnr Vine and Wagner Sts, Clayfield

Exchange: Book by 10th August to secure your place at the
early bird rate: one day: \$85 / after \$110
 both days: \$150 for both / \$190

For bookings and more information :

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