



Acro Yoga at Asmi Yoga!

AcroYoga is for all levels & abilities!
No partner is necessary, but you can
bring one if you wish!

Prepay by April 9th for both Saturday
sessions & get a \$10 discount!
Sign up by phone or in person to
secure your space!

911 SE Armour Road in Bend * 385.1140
www.asmiyoga.com * dolly@asmiyoga.com

Friday, April 16th ~ Community Acro Yoga 101

7:15 - 9:15 p.m. (\$20)

AcroYoga blends the spiritual wisdom of yoga, the dynamic power of acrobatics & the lovingkindness of Thai massage. This practice cultivates trust, connection & playfulness. From a foundation of mutual support, we empower others to fly & learn to fly ourselves!

Saturday, April 17th ~ Counterbalancing & Partner Acro

12 - 3 p.m. (\$40)

A counterbalance uses the weight of both partners so it appears as though they are floating magically in space. Partner Acro teaches us how to stack our bones like legos in order to support the weight of our partners. Come and do things you might not have thought possible!

Saturday, April 17th ~ Love, Light & Flight

5 - 8 p.m. (\$40)

Therapeutic flying is anti-gravitational massage! Thai massage is a practice of metta, or lovingkindness, where the practitioner's body can be as comfortable as the receiver's. This workshop invites you to trust, to nourish & be nourished & to let go.

Lila Donnolo is the only certified AcroYoga instructor between Seattle & San Francisco! She is a 200-hour Yoga Works trained instructor & has been teaching since 2006. Lila holds a BFA in Drama from NYU's Tisch School of the Arts. She dances Argentine tango most every night & is the proud new owner of a sewing machine. Her name in Sanskrit means divine play.

