



spacious heart yoga

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## UPLIFTED! Acroyoga Playshop

November 11-13, 2011

Register with  
[ExpressionsofGraceYoga.com](http://ExpressionsofGraceYoga.com)

In the practice of Acroyoga, the focus is uplifting each other, figuratively and literally! Try something new, let loose, and connect with yourself, others, and life.

Through this playful yoga practice that includes Yoga, Acrobatics and Thai Massage, we will explore and expand the boundaries of what is possible. The workshop teaches strength-building exercises, playful partner poses and the basics of acrobatics. The focus of this Acroyoga Playshop will be on cultivating self-trust, as well as learning how to both give and receive support.

When we support and encourage each other, we fly to incredible heights!

<b>DATE</b>	November 11-13, 2011
<b>LOCATION</b>	Expressions of Grace Yoga 5270 Northland Dr. NE, Grand Rapids, MI
<b>REGISTER PHONE</b>	<a href="http://expressionsofgraceyoga.com">expressionsofgraceyoga.com</a> 616-361-8580
	Discount price for both Saturday and Sunday \$60 Maximum 20 students

### Workshop Details

#### Friday, Nov 11 - Open Jam and Dance Party

6:30-9:00p.m. • By Donation

#### Saturday, Nov 12 - Fundamentals

1:30-4:00p.m. • \$35

Will Include: Partner/Group Yoga,  
Basics of Flying, Thai Massage

#### Sunday, Nov 13 - Elevate and Empower

9:30a.m.-12:30p.m. • \$40

- Basics of building strength, some inversions, basic acrobatic flying
- Accessible to anyone with a regular moderate-strong yoga, dance, or other movement practice

### About Acroyoga

Acroyoga was developed to balance our dynamic, yang lives, with very therapeutic, yin practices; play and rest. The practice is about connection. In this workshop, we will laugh and find our playful side while connecting in partnership.

The practice includes a circle ceremony, group and partner asana, silly games, to create community and build trust. We will also build strength with basic partner flying. At the end, the practice is sweetly sealed with therapeutics including some elements of Thai Massage.

### Instructor bio

#### Kara Schmidt

Yoga studies 1997 – Present  
Yoga teaching 2001 – Present  
Anusara®-Inspired™ Instructor

Kara Schmidt lights up a room with her presence. An inspired and inspiring teacher of yoga, Kara honors her students' unique beauty and abilities. Her gentle, encouraging, and compassionate approach, grounded in a deep knowledge of yoga alignment and philosophy, makes space for her students to cultivate their own light. Anusara® Inspired since 2006 and a certified Acro Yoga instructor as of July 2011, Kara creatively draws on a variety of approaches to make yoga light-hearted as well as a centered and heart-felt experience.