



24.Mai 2020 / 10-17 UHR

Studio YogaOnline  
Osnabrück

Preis: 65/60\* EUR

\*Frühbucher bis 24.April

---

# ACROYOGA INTENSIVE FULL DAY WORKSHOP INTERMEDIATE

---

SUSANNE & FRANCO

Anmeldung per Email:  
[fabel.susanne@gmail.com](mailto:fabel.susanne@gmail.com)



This workshop is for you if you want to dive deep into your partner acrobatics practice, refine your foundation and move on to more advanced solo and partner skills (AcroYoga Advanced Beginners / Intermediate Level).

Prerequisites:

Basic positions: Bird, Thrones, Side stars, Star and a minimum of 3 months doing acroyoga in classes or jams.



# ACROYOGA FULL DAY INTENSIVE – INTERMEDIATE

SUSANNE & FRANCO

24.Mai 2020

10-17 UHR

AcroYoga Advanced Beginners / Intermediate Level

This workshop is for you if you want to dive deep into your partner acrobatics practice, refine your foundation and move on to more advanced solo and partner skills.

Here we will show advanced progressions of basic positions and transitions to increase your awareness, sensitivity and creativity.

We will prepare us physically to ensure safety and grace. For this purpose, we will train inversions & spotting, basic landing & rolling techniques and strength & flexibility through solo and partner drills.

We will step into advanced basic skills such as pops, hand to hand and challenging transitions. This will test our communication, problem solving tools and technique. We will make sure everyone succeeds and suggest different variations to challenge ourselves. Expect an atmosphere of technique, creativity and fun!

We will cool down using gentle stretches, massage and grounding exercises to finish softly. The workshop will be taught in German and English.

Prerequisites:

- Basic positions: Bird, Thrones, Side stars, Star.
- Minimum of 3 months doing acroyoga in classes or jams.

DATE/TIME:

24. May / 10-17 Uhr

10-13 Uhr Part 1

13-14 Uhr Lunch break

14-17 Uhr Part 2

PRICE:

65 Euro / \*60 Euro

\*Early Bird until the 24th of April

STUDIO:

Studio YogaOnline

Große Straße 67 (1. Etage)

49074 Osnabrück

REGISTRATION:

Susanne Fabel

E-Mail: [fabel.susanne@gmail.com](mailto:fabel.susanne@gmail.com)

Send an Email to sign in and you will get the information for the bank transfer.

For this workshop you will get no money back, if you cannot take part. But it's possible to give your spot to another person.