



# W O R K S H O P A C R O Y O G A F U N D A M E N T A L S

**Love, Light and Flight  
with Lindsey Britt**

**Friday, October 23-25, 2009**

**Downtown Location**

## **Kachmann Mind Body Institute**

1301 Lafayette St., Ft. Wayne IN 46802

info@kachmannmindbody.com

**260-420-YOGA (9642)**

**KachmannMindBody.com**

*Register on line, by phone or mail in  
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m i n d **B O D Y**  
i n s t i t u t e

**Kula: Celebrating Community through AcroYoga  
Friday, October 23, 2009, 6:30-9pm Donation Class**  
*(suggested donation \$10)*

Through the interplay between self, other and the divine, we can reawaken to our own true nature and embrace our individual and collective purposes for being together on this planet at this exquisite moment in time. Touch upon all aspects of the AcroYoga practice, as well as discussion and movement. No AcroYoga experience or partner necessary! All Levels Welcome!

**"Invert, Involve, Empower," AcroYoga Asana Sequence & Inversion Fundamental  
Saturday, October 24, 2009, 1-5pm, \$45 or \$75 Fri, Sat & Sun.**

The mystery of inversions is no match for the wisdom of acrobatic training techniques! Students will learn the AcroYoga Asana Sequence, which provides tools for the understanding and embodiment of headstand and shoulderstand (the King and Queen of Asana), as well as forearmstand and handstand. After solidifying spotting techniques, we will progress to Basic Partner Acrobatics and Pyramids, cultivating trust, strength and flexibility while working as a team. A playful, safe, supportive environment will empower the whole room to be upside down and connect to the divine!

**"Trust, Connect, Playfulness," Therapeutic Flying Flows and Thai Bodywork  
Sunday, October 25, 2009 1-4, \$35 or \$75 Fri, Sat & Sun.**

This workshop introduces the 3 Basic Flying positions - Folded Leaf, High Flying Whale and Back Leaf - to create therapeutic flying flows. The relationship between partners deepens as they exchange roles as flyer and base. A flying flow will be taught which will combine four to five asanas in a sequence. Flying transitions will be taught which will increase the base and flyer's capacity to explore more acrobatics and, most importantly, more fun. The energy in the room builds as the individuals involved open themselves to divine play. No partner necessary!

Find out more about Lindsey Britt at [www.acroyoga.org](http://www.acroyoga.org)