



# AcroYoga

Lay your foundation & launch into flight

taught by  
**greg** franklin *and* **anne** van de water

AcroYoga is a multi-layered and dynamic practice, encompassing several modalities into one fluid whole. At its heart is the spirit of play and openness, as we expand out from the single-pointedness of our individual mats to connect in partnership with others.

*Saturday, October 2nd*  
12:30-3:30 pm

## Finding Flow

In this workshop we'll ease into the practice of AcroYoga with a grounding in the sweetness and fundamentals. Working together, we'll cultivate community, develop trust & communication, and strike the balance between support & release. Playing together, we'll explore that ephemeral space where the 'I' ends and the 'You' begins. Practice will include circle asana, partner yoga, therapeutic flying, and Thai massage.



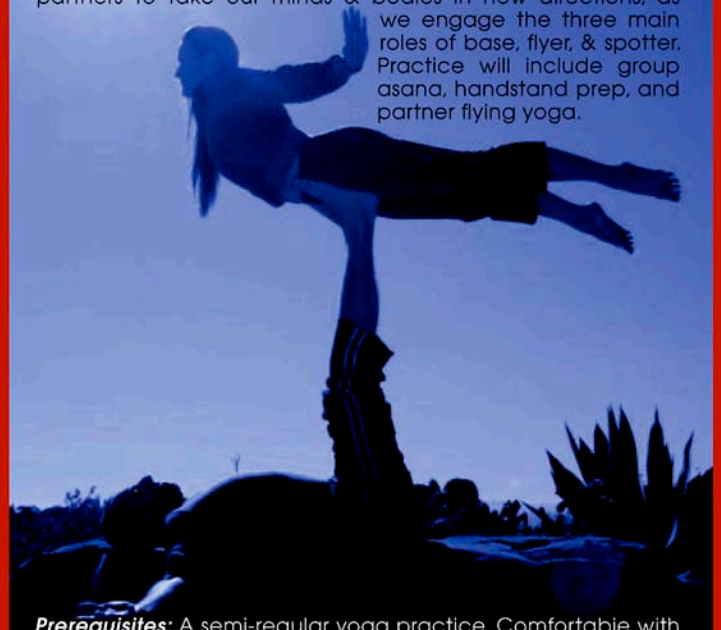
**Prerequisites:** A semi-regular yoga practice. Comfortable with headstand in the middle of the room, and handstand at the wall. **No previous AcroYoga experience necessary. No partner necessary.**

*and*

*Sunday, October 3rd*  
12:30-3:30 pm

## Elevating Asana

Building up from our firm base of connectivity, we'll expand our explorations further into new dimensions of asana. Flowing into a more dynamic acrobatic-inspired level, we'll work with partners to take our minds & bodies in new directions, as we engage the three main roles of base, flyer, & spotter. Practice will include group asana, handstand prep, and partner flying yoga.



**Prerequisites:** A semi-regular yoga practice. Comfortable with headstand in the middle of the room, and handstand at the wall. Previous experience with AcroYoga, and/or attendance at the Saturday workshop recommended. **No partner necessary.**

**each session price: \$30 by 9/18 • \$35 after 9/18    both sessions price: \$55 by 9/18 • \$70 after 9/18**

**Greg Franklin** (200 hr RYT) began his life-transforming journey of yoga right here at SBYC over 15 years ago. Since then he has traveled to many different lands studying with many different teachers, in an effort (at times more conscious than others) to tread that sometimes elusive path of the heart. After a two-year world traveling sojourn inspired by a hand reader, HH the 14th Dalai Lama, & a backpack growing mold, he made his way to New York City, where he discovered (among other things) AcroYoga. Obsessed with balancing objects since his best friend in the first grade taught him to hover a ruler on the edge of his desk, he sees balancing people on his feet - and teaching others to do so - as a natural progression. He is humbled and so excited to bring this work which has re-invigorated his yoga practice back to the home where he first learned the difference between an upward- & a downward-facing dog.

**Anne Van de Water** has been a devotee of yoga for nearly her entire life and has been a full-time teacher of this beautiful art and science of Body-Mind-Heart-Spirit unification for 16 years. In 2007 she was given Yoga Alliance's Experienced Registered Yoga teacher accreditation with over 10,000 hours of yoga taught to date. Anne has always loved being upside down, giving and receiving bodywork, practicing yoga and stretching beyond perceived limitations, so of course she loves AcroYoga. She was first introduced to AcroYoga by her longtime dearheart friend Greg Franklin in NYC where she went into a state of euphoric bliss and was of course totally hooked. Since then she has studied with Jenny and Jason, the creators of AcroYoga and spends lots of time whenever she can flying others and being flown in the delight of the AcroYoga zone. Anne lives in and loves Santa Barbara, CA. You can visit Anne at [www.annevandewater.com](http://www.annevandewater.com)



**805.965.6045 • 32 East Micheltorena St. • [www.SantaBarbaraYogaCenter.com](http://www.SantaBarbaraYogaCenter.com)**

Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.