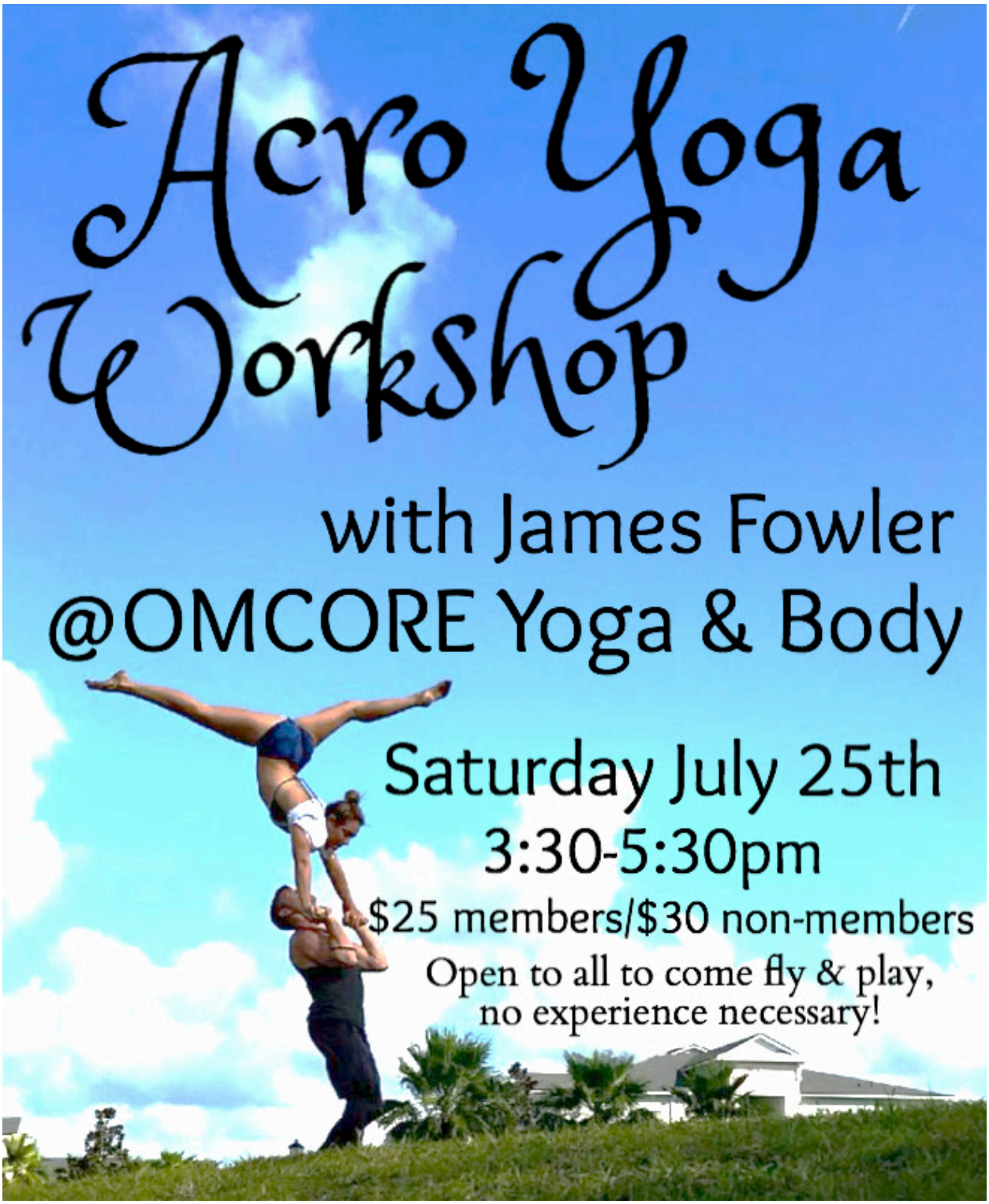

Acro Yoga blends the spiritual wisdom of yoga, the dynamic power of acrobatics & the loving kindness of thai massage. These three ancient lineages form the foundation of a unique practice that cultivates trust, connection & playfulness. Join James Fowler from Jacksonville, FL. for this playful & challenging workshop where acrobatics meets yoga. Suitable for all levels, blending elements of yoga postures, assisted inversions, partner acrobatics, therapeutic flying & thai massage to create a unique yoga experience like no other!

PRE-REGISTRATION IS REQUIRED THROUGH WWW.OMCOREYOGA.COM