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AcroYoga - Forward Flying - Level 1
Elements of AcroYoga Manual 2.0. Spiral bound. This Manual explores the key foundations of AcroYoga: acrobatic training techniques, step-by-step inversion methodology, refined Thai Massage sequences, improved and expanded therapeutic flying sequences, new acrobatic positions & step by step transitions. Explore t

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AcroYoga - Forward Flying - Level 2
AcroYoga Int'l was the first to code-fly and [[formalize]] (an especially funny term considering the awesomely informal founder, Jason Nemer) the AcroYoga practice in 2003, which included the very first AcroYoga teacher manuals, online and on-site education and trainings. The state-of-the-art curriculum incorporates therapeutics as part of the foundation; creating a safer and more ...

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Acroyoga International
Acroyoga (also written Acro-Yoga or Acro Yoga) is a physical practice which combines yoga and acrobatics. Acroyoga includes many types of (mostly recreational) partner and group acrobatics in which at least someone is lifted. As such it also draws on traditions of circus arts, cheer-leading, and dance acro. Acroyoga is more vigorous than many traditional forms of yoga as exercise, and may lead ...

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