



~ *New Class* ~

AcroYoga Asana Sequence

with Wendy Dahl

**Monday's, Starting June 14th
9:30am – 11:00am**

This summer learn something NEW... Flow with a difference...

The *AcroYoga asana* sequence is a comprehensive, dynamic and energizing flow that incorporates strength-building elements which inform the practice of hand balances and inversions.

You will get stronger and feel more confident and comfortable balancing on your hands, even upside down! Allow the wisdom of the acrobats to bring more lightness and flight to your yoga practice!

About Wendy...

I stepped onto the mat for the first time in 1994 to enhance my dance training by cultivating balance, strength, and flexibility. I soon realized that Yoga is the way to transform each moment of our lives into an auspicious journey. The practice inspired so much benevolence in my heart that I dedicated myself and my life to a disciplined practice several years later.

My fluid, energetic, playful, compassionate, and self-affirming teaching style reminds us that we do not need to look elsewhere to experience the joy, peace, harmony, and bliss that resides within. Yoga gives us the confidence to ask the questions of our hearts, move from our center with grace, embrace all of life's blessings with more mindfulness, all of life's challenges with more courage, and dance with the entire experience!



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