

# AcroYoga Flight School

AcroYoga Workshop with Amy Impellizzeri



July 8<sup>th</sup> 1-4pm

no experience or partner needed



AcroYoga blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. These three lineages form the foundation of a practice that cultivates trust, playfulness, and community.



Amy is versed in many disciplines with AcroYoga being her primary inspiration. After acquiring her BA in Dance from the University of Oregon Concurrently, Amy was performing and teaching in Oregon, Mexico, and Switzerland. Amy loves movement, received her AcroYoga certification in 2008. She lives in Santa Cruz, is writing a core conditioning book and teaches AcroYoga full-time.

## Seaside Yoga Sanctuary

1360 Fremont Blvd. Seaside, CA

[seasideyoga@sbcglobal.net](mailto:seasideyoga@sbcglobal.net)

Cost: \$30 by June 30<sup>th</sup> / \$40 after