

WEEKLY CLASS MONDAYS 7:00 - 8:30PM

# ACRO YOGA



Experience the playful and powerfully opening practice of AcroYoga, a unique new practice that blends the spiritual wisdom of yoga, the loving kindness of Thai massage, and the dynamic power of Acrobatics. These three ancient lineages form the foundation of an evolutionary practice that cultivates trust, connection and playfulness.

The AcroYoga practice is both therapeutic and invigorating, restorative or dynamic, depending on your focus and intent. Through practicing AcroYoga, we experience lighthearted connection, a deepening trust in ourselves and others, and realize that by working in partnership, we manifest more than we ever could alone .

Founded in San Francisco, AcroYogis are spreading love, light, and flight around the globe, to people of all walks of life and physical abilities. Bodacious Living offers a weekly AcroYoga class for all levels on Mondays 7:00-8:30pm, led by first generation AcroYoga teacher Michelle Bouvier. Michelle has studied movement arts her whole life, and is dedicated to helping others free their bodies, minds, and hearts in a safe, creative and fun-loving environment.



*"We seek an experience that unifies rather than divides; there, we can actually celebrate the unity of humanity."  
-Kathlyn & Gay Hendricks*

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