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Elements of AcroYoga 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.

Elements of AcroYoga | Manual

Sequence from the AcroYoga® Flight Manual by Jason Nemer & Jenny Sauer-Klein. Therapeutic Flying - Forward Flying - Level 1 More info: <http://www.acrobhakti.com>

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Acroyoga is a relatively new type of Yoga and is a mix of basic Yoga positions and acrobatics. ... All the positions you see in these photos and many others are described step-by-step in a very detailed book called AcroYoga Flight Manual, which you may purchase through their website. Don?t forget to have fun while doing them! Click below to see ...

Acroyoga - The Secrets of Yoga

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 - Wikipedia

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