

SEBASTIAN KOWALIK and KAELYN WONG

Sebastian's love for yoga came about after years of formal meditation practice. The joy of finding stillness and peace in the heart of movement compelled him to expand his practice with teacher training, during which he met Kaelyn. Kaelyn's love for yoga directly evolved from her background in martial arts. Her practice helped heal various injuries and gave her a deeper awareness into the importance of breath and alignment. Together they discovered how partner yoga cultivates greater depth, mindfulness and connection. They both received certification from Acro Yoga Montreal and are excited to share their knowledge, joy and experience. www.8limbs2heartsyoga.com

Thursday March 29th 6:30 pm - 8:30 pm TH2KOW

8 Limbs, 2 Hearts: Intro to Acro Yoga

This workshop will introduce the fundamentals of static acrobatic and partner body balancing while we deepen our connection through trust and plenty of laughter. Topics covered: creating a strong base using proper alignment, the secrets of flying, safety tips and the therapeutic applications of Acro Yoga. Some experience with yoga is recommended as partners should be able to hold plank, move through chaturanga dandasana with ease and feel comfortable with being upside down. You will be assigned a partner in class if a friend does not register with you.

Friday March 30th 6:00 pm - 8:00 pm FR2KOW

8 Limbs, 2 Hearts: Acro Yoga Level 1 - Entries and Mounts

In this workshop, we will build upon the fundamentals of static acrobatics and partner body balancing. We will explore various mounted positions (such as Throne, Star, Bat, etc.) and different ways of entering into those positions, covering a range of skill levels. This workshop will focus on safety and alignment, while always applying mindfulness to the practice. This workshop is recommended for students that have Acro Yoga experience or whom have taken an Intro to Acro Yoga workshop. You will be assigned a partner in class if a friend does not register with you. Come with a sense of playfulness!

Sunday April 1st 4:30 pm - 6:30 pm SU4KOW

8 Limbs, 2 Hearts: Partner Flow Yoga Workshop

Understand how partner work can bring a whole new depth and awareness to your practice. This workshop will introduce basic assists and then incorporate them into a flow-based practice, which will include variations of the some of the postures found in the Ashtanga Vinyasa system. We will also explore ways in which you and your partner can help each other with alignment, balance and concentration, while both of you deepen your connection through trust and plenty of laughter. Some experience with Ashtanga Vinyasa yoga is recommended while a sense of adventure and humor is a requirement! if your friend does not register with you - a new friend will be assigned in class.

