

Main Event (Washington)

Thursday, July 30

Friday, July 31

Saturday, August 1

Sunday, August 2

7 - 8:15 AM Yoga (Jaime W.)

7 - 8:15 AM Yoga (Warren O.)

7 - 8:15 AM Yoga (TBA)

8:30 am Breakfast

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8:30 am Breakfast

9:45 - 10:15 **Dynamic Warm-up** (Reno)

9:45 - 10:15 **Mellow Warm-Up** (TBA)

9:45 - 10:15 **Mellow Warm-Up** (Loc)

9:45 - 10:15 **Dynamic Warm-up** (Loc)

9:45 - 10:15 **Dynamic Warm-up** (Reno)

Only for Early Arrival ticket holders

10:30 am - 12:30 pm

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1. **The ABC's of AcroYoga** (All Levels w/ Kelli Mae & Sam)
2. **The Lift Lab** (Beg. w/Marissa & Eric)
2. **Mono F2H: Stacking, Balance & Trust** (Int. w/Loc)
4. **Anti-Whips** (Int. w/Jacob & Asha)
5. **Icarian Cartwheel Pops** (Adv. w/John & Jenae)

1. **AcroYoga Playground** (All Levels & families w/Deven & Kelli Mae)
2. **Slacker-Cycle** (Int. w/Sam & Raquel)
3. **Gran Torino Washing Machine** (Int. w/Jacob & Asha)
4. **Jankarian** (Int./Adv. w/ John & Jenae)
5. **Flip, Twist & Soar** (Adv. w/Jaime & Jason)

1. **Dynamic Thai Massage** (All levels w/ Loc)
2. **Nihilistic Acro** (All Levels w/Deven & Dan)
3. **Mortalitos** (Int. w/Elliot & Solana)
4. **Cute & Creative Bed Pops** (Int. w/ John & Jenae)
5. **The Road to Standing H2H** (Int. w/Jaime & Jason)

1:30 pm Gates OPEN

1:00 pm LUNCH

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12:45 pm Closing Circle

1:30 - 2:30 pm

1. **AcroChat #1** (Adi)

3:00 - 4:00 pm

1. **Connection Games** (Loc)
2. **Slackline Yoga for Acrobats** (Sam & Raquel)

3:00 - 4:00 pm

1. **AcroYoga Facilitation Geek Session** (Kelli Mae)
2. **Slackline Coaching** (Buddy)

Set up your camp and settle in.

3:30 PM - 6:30 pm

4:30 - 6:30 pm

4:30 - 6:30 pm

Choose from four Immersions (\$40 add-on):

1. **Fusion Therapeutics** w/Lauren D.
2. **Dance Acro** w/Jaime & Jason
3. **Get Down with Get Ups** w/Jenae & John
4. **The Whip-Pop Lab** w/Jacob & Asha

1. **Journey Before Destination** (All Levels w/Ken & Chantell)
2. **Balancing Act** (Int. w/Deven & Dan)
4. **Croc-O-Dial** (Int/Adv. w/Sam & Raquel)
3. **Standing Acro** (Int. w/Jaime & Jason)
5. **Drills for Standing H2H Skills** (Adv. w/Elliot & Solana)

1. **Thai and Fly** (All levels w/Kelli Mae & Sam)
2. **Washing machine class** (Int w/Elliot & Solana)
3. **The 5 Element Theory of low H2H** (Int. w/Sam & Raquel)
4. **Pop, Float & Catch H2H** (Int. w/Marissa & Eric)
5. **Castaway Front Tuck** (Int/Adv w/Jacob & Asha)

Enjoy the afternoon and pack up your camp.

7 pm Dinner

7 pm Dinner

7 pm Dinner

DEPART by 6 pm

8 pm: **Welcome Circle**

8 pm: **Thai Trade** (Kelli Mae & Loc)

9 pm: **Open Stage**

10 pm - 12am: **Dance Party** (Loc)