

Oregon AcroYoga Camp-Out

Friday, September 4

Saturday, September 5

Sunday, September 6

Monday, September 7

7 - 8:15 AM Yoga (TBA)

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8:30 am Breakfast

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

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

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

10:30 am - 12:30 pm

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1. **The ABC's of AcroYoga** (All Levels w/ Kelli Mae & Sam)

2. **Tilt-A-Whirl** (Int. w/Rachel & Vadim)

3. **Popping into H2H** (Int/ Adv w/Emily & Lauren)

4. **Dance Lifts I** (Int. w/Kraig & Angela)

1. **The Art of the Shoulderstand** (All Levels w/Jason & Chelsey)

2. **Finding Reverse H2H** (Int. w/Rachel & Darren)

3. **Path to Free Mono** (Int. w/Emily & Lauren)

4. **Dance Lifts II** (Int. w/Kraig & Angela)

1. **Therapeutics** (All levels w/Kelli Mae)

2. **L-base class** (Int. w/?)

3. **Int/Adv Icarian** (w/Emily & Lauren)

4. **Stand in my Hands Please** (Int. w/Hobs)

1:00 pm Gates OPEN

1:00 pm LUNCH

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12:45 pm Closing Circle

1:30 PM Lunch

3:00 - 4:00 pm

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Find your lodging and explore camp.

1. **Slackline Coaching** (Jason & Chelsey)

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3:30 PM - 6:30 pm

4:30 - 6:30 pm

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Immersion (\$40 add-on):

1. **Thai Trades & Camp-Out Connections** w/Kelli Mae & Sam

2. **Train Smarter, Not Harder** w/Chelsey & Jason

3. **Swing Toss** w/Kraig, Angela & Matt

4. **Icarian** w/Hobs

1. **AcroYoga Playground** (All Levels w/Vadim & Tamar)

2. **L-basing Machine** (Int. w/Jacob B. & Julia)

3. **Icarian Pops are Good for You** (Int. w/Hobs)

4. **Let's Make it Pretty** (Int. w/Kaia & Darren)

1. **Thai and Fly** (All levels w/Kelli Mae & Sam)

2. **L-base class** (Int. w/?)

3. **Fireball** (Int. w/Jason & Chelsey)

4. **Foot to Foot Bonanza** (Int. w/Hobs)

Enjoy the afternoon and pack up your camp.

7 pm Dinner

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DEPART by 6 pm

8:30 pm: **Opening Circle**

8:30 pm: **Thai Trade** (Kelli Mae & Jacob)

9 pm: **Talent Show**

Dance Party will follow the show