

FRIDAY

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SATURDAY 4:30PM - 6:00PM

So Much Standing, So Little Time

Paths to Inlocate

Flight of the Philodendron

Doing Acro Threesome Style

The Waka Way's Phoenix Flow

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FRIDAY INTENSIVES

FRIDAY 10:00AM - 12:30PM | 2:00PM - 5:00PM

Standing Acro Intensive (Intermediate/Advanced)

With Christina Baez-Johnson & Matt Fields-Johnson

Description

In this intensive Matt and Christina will be breaking down all of the components of a well rounded hand to hand act. Special attention will be placed on hand to hand and foot to hand mounts, dismounts and transitions both in regular and reverse positions. Students should expect to get a mix of drills to hone their technique, new dynamic skills and balances as well as some creative new adagio(dance lifts).

Prerequisites: Hold a standing hand to hand for 10 seconds (base or fly).

L-Base Intensive (Intermediate/Advanced)

With Debbi Collis & Hobs

Description

In this playful L-basing intensive, Debbie and Hobs will guide you through dynamic flows and teach you how to layer in pops with precision and connection. Expect a mix of calibration drills, creative transitions, and progressive pop techniques—including whips and Icarian variations.

They will work through swingy, floaty, and bouncy sequences designed to challenge your timing and control. This workshop offers both accessible entries for newer practitioners and spicy upgrades for experienced L-basers.

Prerequisites Base & Flyer: Comfort in all the varieties of Side Stars, as well as Star. Should be able to safely enter and exit all these poses without assistance. Previous Washing machine experience is a must.

FUNdamentals Intensive (Beginner/Open Level)

With Iffy Roma & Sarah Jack

Description

Dive into the basics of Acro Yoga in this playful, beginner-friendly intensive. We'll cover foundational partner poses, safe spotting techniques, and beginner-friendly flows, blending partner acrobatics with the creative movement of contact improv. Think of it as your acro sampler: L-basing, standing poses, weight-sharing, and bone stacking. Expect plenty of laughter, connection, and upside-down moments. No partner or experience necessary just bring comfy clothes, water, and an open mind.

Prerequisites: 10-second plank, 3 push-ups, and a playful attitude

SATURDAY

Saturday 10:00AM - 11:45AM

Fun & Groovy Dance Lifts

By Debbie Collins & Hobbs

Level: Beginner

Style: Standing Acro Dance/Flow

Description

Fun and playful lifts that don't require you to be a super Acrobat. Let Hobs & Debbie teach you a variety of fun lifts to add to your dance nights, acro flows or party tricks to impress your friends.

Prerequisites

Bases & Flyers: Feel strong and healthy in your body to lift & support other humans.

Only The Best

By Matt Moffatt and Thalia

Level: Intermediate **Style:** Standing Acro Dance/Flow

Description

A dance lift sequence with an emphasis on performability. Thalia and Matt will string together lifts and transitions with an awareness of how to engage with an audience. It's not all about the biggest skills. Find your groove, point your toes, and wow yourselves (and others too).

Prerequisites

BOTH: three squats in 2-high (only one role) assisted front walkover (dance lift version) FLYER: kick up to handstand (do not need to hold free standing but must be able to hit vertical), L-based star, tap bases wrists 5x BASE: at least two of the following standing poses: high bird, high throne, side star, high croc, high backfly.

Handstands On Feet

By Emily Lesinski & Sean Langhaus

Level: Int/Adv **Style:** Standing Dynamics

Description

The Class title kinda give it away, doesn't it? :D Come join us.

Prerequisites

Balanced handstands and good experience in Dynamic Lbasing Level

Teamwork In Motion

By Ben Klein and Sam Sweet

Level: Open

Style: Trios & Groups/Standing or L-Basing

Description

In this class, you'll defy gravity (and your comfort zone) while learning to trust each other. Whether you're building pyramids, launching each other into the air, or mastering synchronized tempos, expect laughter, occasional confusion, and a whole lot of high-flying moments. No experience needed, just a sense of adventure and a willingness to laugh through the tumbles!

Prerequisites

Good attitude and willingness to collaborate.

Trust Issues? Resolved!

By Rob Newmans

Level: Open

Style: Other/Counterbalancing

Description

Struggle with trust? In this playful counterbalance class, you'll learn to lean into your partner-literally. Explore weight-sharing, leverage, and dynamic balance techniques that build confidence, communication, and connection. Whether you're new to counterbalances or refining your skills, you'll leave feeling more in sync and ready to trust the process (and your partner).

Prerequisites

Only smiles are required.

Saturday 12:00PM - 12:45PM

One Arm Handstands

By Sean Langhaus

Level: Advanced

Style: Handstand

Description

You got that two arm handstand. You're comfortable with your two arm handstand. You LOVE your two arm handstand, but you're ready to try new things. You flirt with those elusive one-arms but what you really need is the right coach to teach you the tips and tricks you need to finally leave one arm behind. Learn from the guy who truly understands your struggles and trains with the world's best.

Prerequisites

60 sec free handstand (away from the wall)

Handstand Hustlers

By Sam Sweet

Level: Open

Style: Handstand

Description

Finally finding success in handstands and wondering what's next? Well this class is for you! We'll work on dynamic entrances, legs, and play. My aim is to give you tools and drills to keep your handstand engaging and refreshing.

Prerequisites

Comfortability to kick up away from the wall

Handstand Essential Balance

By Mendel Romanenko

Level: Open

Style: Handstand

Description

Sure, you can hold your handstand against a wall. But does God smite your balance each time you get away from the wall? It's not you, obviously. It was the goddamn surface. Of course. Not the lack of technique, strength, or prayers... But not today.

Prerequisites

Weight bearing through the arms.

Leading & Following Leadable Dance Tricks

By Dave Paris

Level: Open

Style: Acro Dance/Flow

Description

Fundamentals of leading and following partner dance and dance tricks to be the star of the ball.

Prerequisites

None.

Inversion Recovery

By Emily Lesinski DPT

Level: Open

Style: Recovery/Handstand/Therapeutics

Description

No quirky lines here. Handstands are HARD. Hard to learn, hard to do, and hard on our bodies. We could all use some more pre/after care. Why shouldn't you learn these techniques from the best? Emily Lesinski is a high caliber acrobat and just so happens to be Doctor of Physical Therapy too. There's no better person to have this conversation with than the one who understands exactly what we do from a first person perspective and one with years of experience healing acrobats.

Prerequisites

None.

Saturday 2:30PM - 4:15PM

Dance Lifts

By B'Aruna & Iffy Roma

Level: Advanced

Style: Dance/Flow

Description

Iffy is gonna lift Jeremy and students are gonna laugh. Then Jeremy is gonna pick Iffy up and demo some of their performance lifts.

Prerequisites

Dive forward roll. Dive cartwheel. Candlestick burpees.

Intro to Pitching

By Maddi & Moose

Level: Open

Style: Standing Acro

Description

Want to learn to throw your flyer high? Like really high? Intro to pitching will give you all the fundamentals you need to give your flyer some proper air. Grounded in dynamic acro our pitch technique works for duos of all sizes and you'll be surprised how quickly you pick it up!

Prerequisites

As a base, be comfortable in a thigh-stand. Similarly for the flyer.

Whipping, Swinging & Sliding

By Debbie Collis & Hobs

Level: Intermediate

Style: L-basing

Description

Learn the foundations of whips from two teachers with over a decade experience each! How to make whips feel safe and fun.

Prerequisites

Base & Flyer: Archy Ninja Star or Nunchuk washing machines without needing spots, and without falling off. At least 3 rotations without falling. If unsure, check with teachers.

Some Random Icarian Thing

By Taylored Acro & Kerri Hilton

Level: Intermediate

Style: L-basing/Icarian

Description

In this Icarian class we will go over: Castaways/martinis/front tucks/varsals/whipbacks (ORGANIZERS WILL PICK WHICH ONE). This class will explore how to approach and refine dynamics while keeping the whole skill safe and progressive. You'll walk away with a better understanding of how to approach dynamic movements and train them so you can soar higher than ever!!

Prerequisites

Icarian straight throws, Fast hands, Keen eyes, Soft catches, Soft tumbling. THESE CHANGE BASED OFF WHAT ORGANIZERS PICK.

Fly Air Thai

By Susie & Nosa Edebor

Level: Beginner

Style: Lunar/L-basing/Therapeutics

Description

This is your one way ticket to rest and relaxation as we explore flying therapeutics techniques before we make our final descent to land in a grounding Thai Massage practice. No experience needed.

Prerequisites

None.

Saturday 4:30PM - 6:00PM

So Much Standing, So Little Time

By Christina Baez-Johnson & Matt Fields-Johnson

Level: Advanced **Style:** Standing Acro

Description

We will be offering various classes based on need and to ensure variety. More to come!

Prerequisites

For most classes a 10 second H2H without moving will be the prerequisite.

Path to Inlocate

By Brian Konash

Level: Intermediate **Style:** Standing Acro

Description

In-locating to hand-to-hand can be fun and safe to learn. This class teaches how! You can inlocate in class and/or take home all the right tools to make it possible.

Prerequisites

Low hand-to-hand from star or jumping-in. Standing hand-to-hand from shoulders with 3-or-fewer base steps during the catch.

Flight of the Philodendron

By Victoria & Camilo Castillo

Level: Intermediate **Style:** L-basing

Description

Get ready to dance with gravity in this playful flow! Designed for those excited to be upside down, we'll explore whips, pops, and seamless transitions that feel light and effortless. It's not about brute force but finding the sweet spot between strength and finesse. Featuring a fun washing machine, this class will spark laughter and joy. If you love floating, come play and connect.

Prerequisites

Base: L-base star, shin-to-foot, side stars, flatspin (doesn't need to be perfect), some experience with front and back whips. Flyer: L-base star, shin-to-foot, side stars, flatspin (doesn't need to be perfect), some experience with front and back whips.

Doing Acro Threesome Style

By Miinx, Phil Spisak & Penguin

Level: Open **Style:** Trio & Groups (Standing or L-basing)

Description

Three person poses for people to show some flair on their social media accounts while having fun!

Prerequisites

Basic acro poses like bird and throne.

The Waka Way's Phoenix Flow

By Whakapaingia

Level: Open

Style: Lunar/L-basing/Therapeutics

Description

Theme: Rebirth, resilience, and the power of kindness and connection. Come along as we lift each other up just as the phoenix rises up from the ashes. A healing therapeutic phoenix flow to fly high then a grounding Thai massage flow to close in kindness.

Prerequisites

An open heart, a desire to heal, positive vibes and permission to have fun.

SUNDAY

Sunday 9:30AM - 11:15AM

Shine Bright: Star Workshop

By Butch & Buttercup (Angela & Yoni)

Level: Intermediate

Style: Standing Acro

Description

Learning stability and control in side balances & variations of star on different body parts with various entrances and exits.

Prerequisites

Flyers should be comfortable with inversions (headstand) kicking up to HS even if not holding . Bases Minimum 1 yr acro.

Acroyoga Swimming Strokes

By Elise Foster & Dean Hively

Level: Intermediate

Style: L-basing

Description

Come be a fish on land and practice your swimming strokes in the air! Back, side, breast, and freestyle with the occasional pop and flip. We'll even teach you how to float! Then we'll put it all together to make a little flow. Don't let the sharks get you! All Levels L-basing.

Prerequisites

Star, side-star, L-basing standard transitions.

Wicked Washes

By Sarah & Morgan Kelley

Level: Intermediate

Style: L-Basing

Description

Get ready for a Boston inspired adventure! Unlock some wicked cool transitions and dial up your body awareness. Clear communication is our tea party as you find support with your partners that's stronger than a Dunkin iced coffee. Join us for some wicked washes Boston style!

Prerequisites

Flyer: Reverse star, side star, comfort in mono back fly and inversion. Base: rock solid side stars, stability with single leg transitions and poses.

Space Jam

By Susie and Nosa Edebor

Level: Intermediate

Style: L-Basing

Description

Calling all aliens and astronauts! Join us for a session that's out of this world! We are building a washing machine focused on transition and proprioception. Full of twists and turns this session will have you head over heels. Then heels over head!

Prerequisites

Star, Side star, reverse bird, back bird.

The Sacred Art of Human Stacking

By Eric Sipes & Michele Briner

Level: Open

Style: Trio/Group/L-Basing

Description

Build multi-person pyramids and totem-style structures with style and stability. Learn safe stacking, dynamic shapes, and creative balancing. Work together, get creative, and turn your acro squad into a living sculpture! All Levels.

Prerequisites

Basic partner acro experience helpful but not required.

Sunday 11:25AM - 1:10AM

The ABC Of Standing Acro

By Victoria & Camilo Castillo

Level: Beginner

Style: Standing Acro

Description

beginner-friendly class designed to introduce you to the fundamentals of standing partner acrobatics. This session focuses on building trust, enhancing communication, and developing the essential techniques needed to safely explore standing acro poses. Whether you're new to acro or looking to strengthen your foundation, this class offers a supportive environment to learn and grow.

Prerequisites

No partner or prior experience is necessary—just bring your enthusiasm and readiness to connect and play!

Pop It and Drop It

By Sophy Warner, Tim Furman, Ayton Barret & Erica Henrichsen

Level: Advance

Style: Trio/Group(Standing or L-basing)

Description

Poplocates: Work as a team to yeet your partners into the air. Use Icarian and standing dynamics together to do locates, relocates, dislocate and other Icarian paired dynamics safely.

Prerequisites

Two high (ideally solid hands-free). Jump into standing h2h (5 sec hold min, ideally 10 second no step hold). Throne straight throw (Icarian full release).

Some experience with standing dynamics is helpful. Willing to spot H2H and/or Icarian.

The Nimble Gimbal

By Elise Foster & Dean Hively

Level: Adv/Int

Style: L-basing

Description

Elise and Dean of Acrolesque come to you with a fresh new washing machine. In this washing machine, you will become a human gyroscope as you defy gravity and transition through multidimensional axes of motion. Expect the unexpected, twists, turns and upside downs. This washing machine rotates in three axes.

Prerequisites

Star, side-star, foot to hand.

L-Basing Like a Legend

By Eric Sipes & Michelle Briner

Level: Beginner

Style: L-Basing

Description

Master effortless L-basing with sneaky hacks, smooth transitions and ninja tricks. Bases make flyers feel weightless. Flyers float like magic. Fun, laughs, and “A-ha!” moments guaranteed. No partner needed-just a sense of humor!

Prerequisites

None

Foot to Hand FUNdamentals

By Kimber Brenneman & Craig Johnson

Level: Beginner

Style: L-Basing

Description

Foot to hand is a fundamental acro pose, but it can be really clunky and rough on the base's wrists when the flyer steps in while holding the base's feet. This class will introduce alternative entrances to foot to hand that are symmetrical, safe, and look a lot smoother. There will be special attention to how spotters can assist in making foot to hand FUN.

Prerequisites

None.

Sunday 1:30PM - 3:15PM

Step, Step ReverseThe Sacred Art of Human Stacking

By Eric Sipes & Michele Briner

Level: Open

Style: Trio/Group/L-Basing

Description

Build multi-person pyramids and totem-style structures with style and stability. Learn safe stacking, dynamic shapes, and creative balancing. Work together, get creative, and turn your acro squad into a living sculpture! All Levels.

Prerequisites

Basic partner acro experience helpful but not required.

Midlife Crisis: The Little Red Sports Car Edition

By Melissa Wu & Rose Eilenberg

Level: Intermediate

Style: L-Basing/some standing acro

Description

In this second edition of our midlife crisis, Wu & Rose will continue to prove that mids have more fun. Rev your engines and get ready to rock and roll while switching roles.

Prerequisites

solo skills: forward roll, cartwheel, ability to kick up to handstand at the wall. Base & flyer: star, side star and two high.

Squish Me Please

By Sophy Warner and Timothy Fruman

Level: Intermediate **Style:** L-Basing

Description

Funky inverse flow with weird transitions and mono's.

Prerequisites

Basing or flying (ideally can do both) Solid at least 10 sec hold and with transitions to other poses preferred: Star, Foot to shin, Rev throne, Suggested foot to forearm (10 second hold), experience with mono foot to hand or forearm (3-5 second hold).

Thai Massage To Fix Your Body

By Mary Arana & Sandy Ames

Level: Intermediate **Style:** Lunar/Thai Massage/Therapeutics

Description

Sore muscles, we gotcha. Tight muscles, let's melt 'em. You will give and receive a total-body Thai massage sequence that moves the receiver from supine to prone to kneeling to seated and back again to reclined. We're also maximizing the giver's body ease in this sequence, so the whole dance is relaxing for both parties.

Prerequisites

Comfort offering and receiving therapeutic touch. Commitment to clear communication and honoring of your own and your partners' needs, preferences, and boundaries.

The Waka Way's Advance Flow

By Whakapaingia

Level: Open

Style: Lunar/therapeutics

Description

Theme: Rebirth, resilience, and the power of kindness and connection. Come along as we lift each other up just as the phoenix rises up from the ashes. A healing therapeutic phoenix flow to fly high then a grounding Thai Massage flow to close in kindness.

Prerequisites

An Open heart, a desire to heal, positive vibes and permission to have fun.
