

ACROYOGA



WHAT IS ACROYOGA?



Acroyoga is a unique discipline that's sure to pique the interest and passion of your young participants. It offers a combination of yoga, acrobatics and dance. Acroyoga lets you connect with the art of movement while fostering a connection with others. This activity serves to build self-confidence and trust in others in a fun-filled atmosphere of sharing and mutual aid.

LOCATION

Indoors/outdoors

SUGGESTED DURATION

30-45 minutes

INTENSITY LEVEL

Moderate/high

MATERIAL

Carpet (recommended)

AIM OF THE EXERCISE

To build self-confidence and trust in others, and better understand the notion of space and the way the human body moves.

ABILITIES TO DEVELOP

Agility, coordination, balance when stationary and in movement

WHY ACROYOGA IS GOOD FOR YOUTH

- 1 Improves coordination, balance and flexibility
- 2 Fosters a sense of accomplishment when the participants succeed in performing a posture
- 3 Develops patience and determination
- 4 Connects mind and body

ROLE OF THE FACILITATOR

To emphasize relationships with others and interaction between participants, as well as the pleasure of moving with youth and the joy of connecting with others. Encourage your young participants to communicate and question them about their expectations, fears and the challenges that lie ahead.

! – TIP

To keep the group focused on the practice, position the participants in a circle around you when providing instructions.

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ROLE OF THE FACILITATOR STEPS



1 READ THE SHEETS FOR EACH AGE GROUP.

On the sheets, you will find:

- A game meant to foster awareness of the body in space;
- A game of trust to foster self-knowledge and knowledge of the group;
- A preparation period to warm up the body for acroyoga postures;
- Acroyoga postures.

2 POSITION OF THE PARTICIPANTS

During the acroyoga practice, two people are essential to the successful performance of a posture.

- **THE BASE:** The person with the most points of contact with the floor, whose role is to support the flyer.
- **THE FLYER:** The person supported by the base in the performance of the postures.

3 CREATE TEAMS OF TWO PARTICIPANTS.

- Tip: If possible, form groups with participants of the same height and encourage them to alternate positions (bottom and top).

4 DRAW ON THE PLEASURE OF DISCOVERY.

- Take the time to carry out each step on the sheet and encourage your participants to communicate. If the participants succeed in performing the suggested postures for their age group, they can try postures geared to other age groups.
- Breathing is paramount at every step. Remind the participants to breathe in through the nose for three seconds, then breathe out through the mouth for three seconds.



Shake up tricks:

Don't hesitate to teach the participants by example when explaining the movements.

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GAME 1 NINJA!

- 1 Have the participants spread out across the space and walk around without coming into contact.
- 2 Instruct the participants to assume a ninja position when you cry “NINJA!”
- 3 Check the stability of their ninja positions and highlight the importance of being firmly grounded in acroyoga.

Variation(s):

- Shrink the size of the space, still instructing the participants to hold a stable position while avoiding physical contact with the others.

GAME 2 HYPNOTISM

One participant guides a second participant, using a hand placed near the head, back or another part of the latter’s body, but without touching. The “hypnotized” participant must follow his or her “hypnotist.”

Ex.: The hypnotist can place a hand near the head, back or legs, etc.

GAME OF TRUST [BALANCE]

- 1 Form teams of three participants. Have one participant stand in the middle, between the two others.
- 2 Instruct the two participants on the end to support the person in the center, rocking that person forwards and backwards without dropping him or her. This exercise is aimed helping the participants on the ends build stability. Alternate positions after 30 seconds.

PREPARATION PERIOD

HANDSHAKE OF FRIENDSHIP

- Instruct the participants to shake hands (right hand to right hand or left to left).
- Instruct one participant to drop down into seated position on the floor while maintaining the handshake, and then stand up again.
- The standing participant should be in control of the other participant as he or she drops down and stands up again.

PLANK

- Instruct the participants to lie on their stomachs, hands in push-up position, toes on the floor.
- On your signal, instruct the participants to straighten their arms and rise up into plank position, holding the position for two or three breaths.

DOWNDOG VARIATION

- Instruct the participants to start in downdog (arms and legs forming an inverted V).
- Instruct the participants to walk their hands toward their feet, keeping the knees slightly bent.
- Repeat five times.

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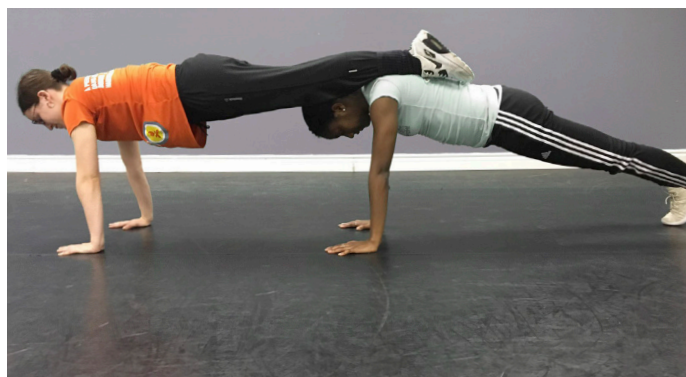


ages
13 and +

ACROYOGA POSTURES

A. DOUBLE PLANK

- Instruct the one participant, the flyer, to go into plank position.
- Instruct a second participant, the base, to go into plank position behind the flyer. Have the flyer place his or her feet on the base's shoulders, holding the position for three breaths.



B. OPPOSITE PLANK

- Instruct one participant to lie down on his or her back with arms raised, as though in plank position.
- Instruct the flyer to place his or her ankles in the hands of the base.
- Instruct the flyer to place his or her hands on the ankles of the base to form a rectangle. Make sure the position is held for two breaths.



NOTES • Don't forget to alternate positions!

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