Acro Natural Festival Workshops

Leader	Workshop	Description	Level	Duration	Special Instructions
Steve	Intro To Poi and Beyond	Level up and learn poi. We will learn how to perform different weave patterns and how to turn while spinning poi.	All Levels	60 minutes	There will be limited sock poi for those who do not have a prop. Participants can bring their own poi
Steve	Dragon Staff	Learn how to spin a dragonstaff and some important drills to increase your skill.	Beginner	60 minutes	Limited dragonstaffs available. Groups will share dragonstaff to allow others to play and learn. Participants can also bring their own dragonstaff if owned.
Brittney	AcroYoga Skills and Drills	This intro acroyoga will cover the foundational concepts that your acro practice will be built on as well as some drills to build your strength and skills. You will leave this class with confidence and knowledge to progress through your practice safely	All Levels	60 minutes	Must have the ability to lay down in L. base position without pain and able to hold plank position without pain in wrists & lower back. Average range of motion. Communal mats are available to use during the festival. If you have your own mat, feel free to bring it.
Brittney	Intro to Fire Safety for Flow Artists	In this course you will learn fire safety basics essential for any person adding fire to their flow arts practice. This course is appropriate for back yard hobbyists and public performers alike. In this course you will learn best practices as a fire spinner and fire safety/spotter, how to maintain safe space and equipment, and more. “Safety Doesn’t happen by accident.”	All Levels	120 minute	Bringing a prop is suggested but not required. For your safety avoid wearing synthetic fabrics to this course.
Amber	Intro to Aerial Hammock	Learn the fundamentals of aerial including hangs, sitting poses, standing poses and inversions. No experience required.	Beginner	75 minutes	Groups will share aerial hammocks to allow others to play and learn. Participants can also bring their own hammock and rig if owned.
Amber	Aerial Yoga	Use the aerial hammock to unlock a new dimension of yoga. Deep into heart openers, find support in balance poses, challenge yourself with suspended versions of familiar poses, and release compression in the spine. Finish in a floating savasana.	Beginner	60 minutes	Groups will share aerial hammocks to allow others to play and learn. Participants can also bring their own hammock and rig if owned.
Trenter and Susan	Standing Acro and Dance Lifts with Instructors	In this workshop, you will learn a variety of lifts with a focus on techniques that can be adapted to different dance styles. This session will also include elegant static holding poses. Think of the iconic scene in Dirty Dancing where she runs, jumps, and is held effortlessly in the air.	All Levels	60 minutes	Communal mats are available to use during the festival. If you have your own mat, feel free to bring it.
Trenter and Susan	L-Based Acro Flows and Poses	In this workshop, you will learn playful acro "washing machine" style movements along. Think of circus-style partner balances where one person supports another on their feet while lying down.	All Levels	60 minutes	Communal mats are available to use during the festival. If you have your own mat, feel free to bring it.
Rochelle	Poetry	Explore the rich and evolving world of poetry in this engaging workshop designed to inspire creativity, self-expression, and a deeper appreciation for the written word. The workshop begins with an introduction to the evolution of poetry, from traditional English forms and classical rhyme structures to more diverse and contemporary styles. Participants will explore forms such as sonnets, couplets, iambic pentameter, haikus, non-rhyming poetry, and narrative poetry. In the second portion of the workshop, you’ll be guided through creative prompts and writing exercises designed to help you find your own voice. Pen and paper will be provided, and no previous writing experience is necessary. The last half hour, participants will be invited to recite their poetry to the group. There will also be a short discussion of how it feels to write poetry. Come join, anyone can be a poet.	All Levels	60-90 minutes	Bring your favorite pen, pencil, and notebook. Extra writing supplies will be provided for those in need.
Jenna Citrus	Morning Yoga	Start your day with a sense of calm, clarity, and energy! Join us for a peaceful yet invigorating morning yoga session, where each breath connects you to the present moment. Whether you’re a seasoned yogi or a beginner, this class is designed to awaken your body, mind, and spirit. Stretch, strengthen, and set a positive tone for the rest of your day. Come as you are, and leave feeling refreshed, balanced, and ready to take on the world.	All Levels	45 minutes	Community mats are available
Sean	Hypnotic Meditation	Immerse yourself in the phenomena of meditative trance and find the edge where conscious choice meets hypnotic reality.	All Levels	45 minutes	Please bring a towel or yoga mat to lay on during the soundbath. Limited yoga mats will be available, if needed.
Destinee & Sarah	Soundbath	Step away from the noise of everyday life and immerse yourself in a peaceful sound bath surrounded by the beauty of nature. This relaxing meditation experience invites you to slow down, breathe deeply, and reconnect with yourself while being gently guided by the soothing vibrations of sound bowls, wooden flutes, tongue drum, rain stick, and chimes. Allow the sounds and natural surroundings to create a calming atmosphere where you can release tension, quiet the mind, and simply be present in the moment.	All Levels	45 minutes	Please bring a towel or yoga mat to lay on during the soundbath. Limited yoga mats will be available, if needed.
Alex	Nature Walk	Reconnect with nature on a peaceful guided nature trail walk within the resort. Explore the beauty of the natural landscape and immerse yourself in the sights and sounds of the outdoors.	All Levels	60 minutes +	Feel free to bring bug spray.
Mo	Latin Dance Lesson	Get moving with the basic steps of salsa and bachata dance styles! This beginner-friendly workshop will introduce you to the basic steps and partner patterns, within a fun and welcoming environment. No experience or partner necessary. Just bring your energy and get ready to dance!	All Levels	60 minutes	