

Heart to Heart

with Neve Grace Loehr



Have you seen those sweet pictures of people balancing on each other? Do you want to try it in a safe and fun environment?

Acro yoga therapeutics workshop is here for you. Therapeutics means it is not the hard, high performance postures, it is more gentle and loving. We will be massaging

each other while balancing. Doesn't that sound nice!

Acro yoga therapeutics is totally accessible to everyone and we will be here to assist you along the way. We will be teaching you how to give and receive with your body.

No experience or partner required.

The workshop is \$30. Discounts apply if you pre-register for the event. Contact Neve if you have any questions.

1308 Airline Blvd
Portsmouth, VA 23707
757-663-6125
yoga@sattvicpaceyoga.com
www.sattvicpaceyoga.com



sattvic space