

# AcroYoga Fusion Throw - Down 2011 in Montreal

Immerse • Create • Explore  
The Inner and Outer Practices of  
AcroYoga

July 21-24, 2011

8:30 am- 4:30pm

Cost: \$400

\$350 AYM members

Featuring:

Jessie&Eugene: Seamless Flow

Andre Newman , Serena Tang and Christoph Dribusch: Capoeira  
meets AcroYoga/Hand to Hand / Pops

Jill Campbell and Cost Koutrokois: Interchanging Roles

Natalie Brewster Nguyen: Base Techniques

Kate "B-Girl Lynx" Alsterlund: B-boying/B-girling meets AcroYoga

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## Throw down[throh down]

To produce or perform (something) admirably or forcefully.  
A challenge, esp to physical or artistic competition

Jessie and I have always been into breaking barriers to create new expressions. This festival is a continuation of our travels and an idea coming to fruition. We have always envisioned AcroYoga as an art form that incorporates the vision of each practitioner.

Street dance and Capoeira are expression born out of survival and celebration, giving the creators renewed faith in their connection to the source of all life. In our brief foray into these 2 distinctive yet similar art forms, we will begin to incorporate the essence of each into our practice.

It takes decades to master these forms, we pay respect and homage to all the creators who have dedicated and in some cases sacrificed their lives to develop, nourish and keep these 2 art forms alive and evolving.

Long live AcroYoga....

in all it's forms!

Eugene Poku



**Thursday July 21**

## **Base in Your Face**

**9am - 12pm**

**Natalie Ngyuen, Jessica Goldberg**

In this workshop we will explore the strength, core exercise that are necessary for a base to remain energetically connected to the earth so the flyer can soar. Also the fundamentals of basing, techniques and tricks.

## **Flyer's delight**

**2 - 5pm**

**Eugene Poku, Jill Campbell, Andre Newman, Serena Tang**

In this workshop we will explore the strength, core and flexibility exercise that are necessary for a flyer to remain energetically connected to the base. Also the fundamentals of flying, techniques and tricks.

## **Outdoor Jam**

**7-9pm**



**Friday July 22**

## **Chameleon: Interchanging Roles**

**9 -12am**

**Jill Campbell and Costa Koutrokois**

Explore the dynamics of exchange and transformation. In this session we will pin point our strength and weakness and learn to adapt and use them in our new roles. The 2nd half will be an original flow sequence exploring interchanging roles

## **Capoeira and AcroYoga**

**2 - 4pm**

**Serena Tang, Andre Newman, Christoph**

Incorporating the dynamics and fluidity of Capoeira into AcroYoga. Safely learn the concepts of airborne transitions (pops) and hand to hand.

## **Back to the lab**

**Friday July 22**

**4 - 5pm**

In this module we will look at a capoeira move ( or sequence ) then break off into groups of 6 and figure out how to recreate these moves as an AcroYoga (move, rotation or washing machine) Then we will get together and show each other what we came up with and combine ideas to come up, with a new fusion move.

## **Outdoor Jam**

**7-9pm**



# Saturday July 23

## Review and Games

9 -12am

**all instructors to date**

We will review everything we have integrated and share our new found insights with each other. The last hour will be dedicated to exploring theatre and movement games that further develop our sensory and emotional perceptions

## B-boying/girlinging and AcroYoga

2 - 4pm

**Kate “ B-girl Lynx” Alsterlund**

Explore b-boying fundamentals, freezes, power moves

## Back to the lab

Friday July 22

4 - 5pm

In this module we will look at a break-dance power move ( or sequence ) then break off into groups of 6 and figure out how to recreate these moves as an AcroYoga (move, rotation or washing machine) Then we will get together and show each other what we came up with and combine ideas to come up, with a new fusion move.

## Pot-luck dinner

7-10pm



Morin

# Sunday July 24

## Let the Rhythm hit em

9 -12am

**Jessica Goldberg and Eugene Poku**

The art of vinyasa in AcroYoga will be explored in a long flow. Find the balance between hard acro, yoga and dance influenced phrasing and rhythm to create a seamless, timeless flow.

## Take it to da Stage

2 - 5pm

**Jessica Goldberg and Eugene Poku**

In this module we will bring it all together. Starting with a yoga inspired warm up we will then split into groups for the “ Creative Process ”. At the end of the day we will step into “ the Cypher ” and show em what we got!





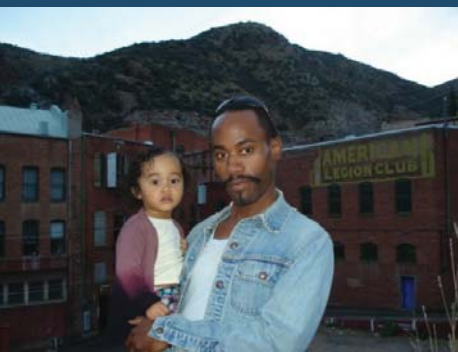
**Serena Tang**

Serena brings a unique perspective to her AcroYoga practice. A capoeirista (an Afro-Brazilian martial artist) since 1999, her focus has evolved into the practice of yoga and AcroYoga. Her current focus is in using movement and AcroYoga in working with children and youth.

Serena feels fortunate to have worked with so many amazing AcroYoga teachers and students. She was introduced to AcroYoga through Jason Magness and the YogaSlackers. She continues her studies with Jessica Goldberg and Eugene Poku of AcroYoga Montreal and received her AcroYoga Montreal teaching certification in 2010. She performs with Flight School Acrobatics, NewTang Acrobatics, and teaches AcroYoga in Tucson, Arizona.



**Andre Newman**



Andre' has been dedicated to developing his knowledge and capability as both a Capoeira (Afro-Brazilian martial art) instructor and performance artist for almost 15 years now. He was first introduced to Acro Yoga in 2009 by a few good friends in Tucson and has since undertaken more formalized training and teacher certification with Eugene and Jessie of Acro Yoga Montreal as well as participated in a number of workshops with Jason Magness and the Yoga Slackers. He views Acro Yoga as a natural outlet within which to further evolve his capacity to both perform and teach.

Andre' has a particular interest in sharing the beauty and challenge of Acro Yoga with marginalized & at-risk youth. He is excited to learn more about how he might further integrate both Capoeira and the circus arts into his community outreach work. Andre' feels very fortunate to have found Acro Yoga Montreal as a top-notch resource to help evolve and enhance his awareness and ability through acro yoga. Axe!



**Jill Campbell** is an AcroYoga Funky. She has a strong background in yoga and circus. Her teaching comes from a place of experience and love, She is part of AcroYoga Montreal. Get ready to fly.



### **Costa Koutrokois**

Has made it his passion in helping people with their inner healing. His journey toward self-discovery began in 1990, after battling several years with eating disorders and weight challenges. He persevered by venturing into the Health and Fitness domain.

Costa has been a dedicated personal trainer, fitness instructor, body-worker and massage therapist for a decade. In 2003, he established a home-based facility called the COSMOS Center, to assist clients in their own personal growth and pursuit of a healthy and fit lifestyle.

Having completed trainings in Acro-Yoga (Level 1 & 2) with Jessie Goldberg and Eugene Poku at Ashtanga Yoga Montreal; Circus Instructor at the National Circus School; and Theatrical Clowning (Level 1-4) with Francine Cote, Costa has been committed to teaching youth and adults the invaluable life skills of trust, patience, acceptance and understanding using a blend of movements from Ashtanga Yoga, Social Circus and the Art of Acro-Yoga. His ultimate goal is to incorporate all of these approaches to serve communities and practitioners who would like to spread their gift, to teach and touch the hearts of their clients and people in their lives.





**Natalie Brewster Nguyen** received her yoga teacher training from the Lotus Seed School in Portland, OR in 2008, with attention to yoga for under served communities. She is particularly interested in creating space for families to practice yoga together. She began practicing acroyoga with Jason Magness and the YogaSlackers in 2007, and promptly fell in love. She continues to study with the Slackers as well as Eugene Poku and Jessica Goldberg of Acroyoga MTL. She received her Acroyoga Montreal teaching certification in 2009.

She performs with Flight School Acrobatics

<http://flightschoolacrobatics.com> and with several other artistic and experimental projects. Her individual website

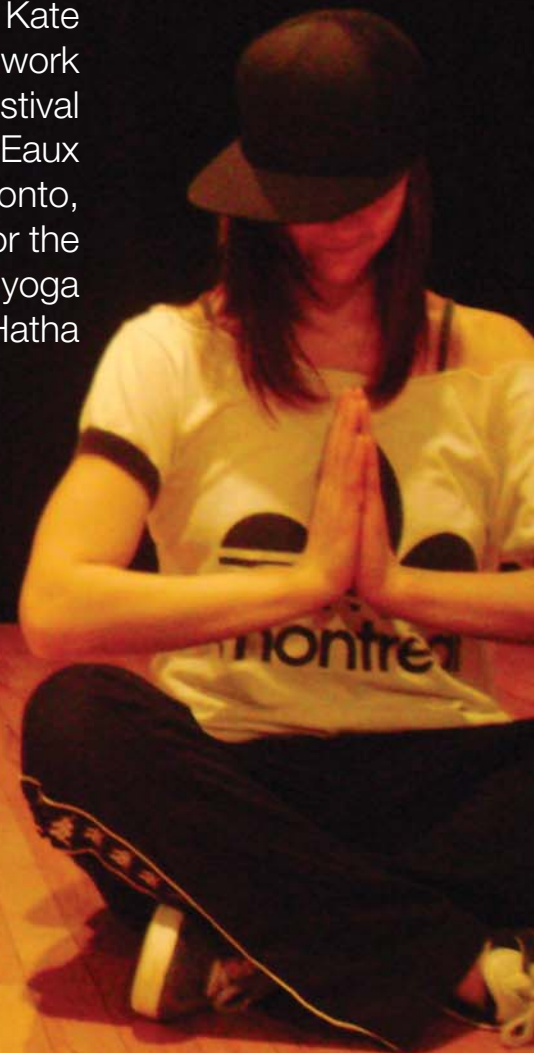
<http://nataliebrewsternguyen.com>



**Christoph Dribusch** was first introduced to Acroyoga by Jason Magness in Tucson in 2008 and has been obsessed ever since. Luckily the Tucson acro-community has been growing steadily, creating an ideal playground to push one's limits while obtaining a perfect farmer's tan. He attended advanced workshops with Jason & Chelsey and traveled to the Dutch Acrobatic Festival.



**Kate Alsterlund aka B-girl Lynx** started B-girling in '98. Since then she has won several competitions in Canada and the United States. In 2007 she received the Absolut Canadian B-girl award to honor her efforts as a competitive b-girl, teacher and event organizer. In the last 8 years she has taught hundreds of students of all ages in workshops and classes in Montreal, Toronto, Guelph, NWT and France. Kate works as a facilitator for Blueprint for Life, a series of social work projects that connect with First Nations youth through Hip Hop culture. Kate was also invited to create a curriculum and teach B-girling to the Dance Students of UQAM. Kate has her degree in Contemporary Dance from Concordia University. Her choreographic work has been presented at Edgy Women, Definition Non Applicable urban dance festival, Festival Montrealais de la Danse, Studio 303 Vernissage Danse Series, La TOHU, Danse Cite Eaux Vives Festival, Hysteria Festival of Women in Toronto, Groundswell Theatre Festival in Toronto, the Guelph Contemporary Dance Festival and Hip Hop 360 in Ottawa. She has danced for the companies Solid State, House of Pride and Destins Croises. Kate has been practicing yoga since 2004 with Eugene Poku and Jessica Goldberg. In 2009 she completed the 250h Hatha yoga teacher training certification at Ashtanga Yoga Montreal.



## Jessica Goldberg and Eugene Poku

Founders of AcroYoga Montreal, Jessie and Eugene have been collaborating since 1982. First as a dance /performance variety duo called Special blend, fusing their contrasting styles to create a unique and accessible edutainment experience for all ages.



In 1998 they were introduced to Ashtanga Yoga. It was a revelation, the awareness of the breath and vinyasa profoundly changed their dancing. The ease and simplicity that came with Yoga transformed their performances and the seed for what was to become AcroYoga in 2001 were planted. Their style of AcroYoga has morphed organically out of their dance and yoga