

VANCOUVER
ACRO FEST

CLASS
DESCRIPTIONS

FRIDAY 6-7:30PM

NERDY ABOUT ACRO - L-BASE -STEPH & NICOLE

ALL LEVELS

Explore the tips and tricks to accommodate many bodies in foundational L-basing poses with biomechanics and anatomy. Nerd out about acro movements with a Massage Therapist and Kinesiologist.

Pre Reqs: None

FUNDAMENTALS OF WHIPS - WHIPS - EMILY & SEAN

INTERMEDIATE

If you're new to whips but find them mysterious, we have lots of drills for unlocking bigger, swingier whips!

Pre Reqs: None

CREATIVE FLOW - L-BASE - SARIAH & RENO

INTERMEDIATE

Transitioning in acro can be a fun, creative process. The trickiest of these transitions often is going from 'hand to hand' side skills to 'reverse hand to hand' side skills or vice versa. Come learn the theory behind these 'sided' poses and how we can transition between them. Come unlock your play.

Pre Reqs: Ideally a stable bird and star with taking off one base leg

TRIO SWINGS - STANDING - LORYNNE, MATT BE, MATT BA

ADVANCED

Let's toss/swing to new places! We'll be changing levels, switching who's-who, and maybe even doing a handstando! Yay friends!

Pre Reqs: Basic understanding and experience with toss/swing and stable standing h2h. And flyers bring at least 1 base. Extra points if they are named Matt

FRIDAY 7:30-9PM

PARTNER CARTWHEELS - L-BASE + STANDING - HAYLEY & MORGAN **ALL LEVELS**

The cartwheel is a foundational part of your acroyoga practice, so let's explore it! We will begin with a warm-up focused on the upper body strength + stability, lower body mobility, and movement pathway of a cartwheel, including one-arm cartwheels and aerials. Then, we will come together and learn partner cartwheels at low, medium, and standing heights! This class provides great content for performances!

Pre Reqs: None

YOU RAISIN ME UP - DANCE LIFTS - ASH & MATT RA **INTERMEDIATE**

Join AcroMash for an original food-themed dance lifts flow - to raise you up so you can stand on mountains. Expect to leave with tips and tricks to make performance moves easier, and a full flow to practice at home.

Pre Reqs: bird on shoulder, thigh stand, and some experience with high bird will help

JANKARIAN EXPRESS - ICARIAN - JENAE & JOHN **INTERMEDIATE**

Come learn unconventional and unique icarian pops that will both wow and confuse spectators. First stop: Fly your caboose right off of your base's shins through various straight throws, rotations, and twisting shapes. Next, disembark on an unexpected journey popping from loaf - what is "loaf" you ask? You'll have to come and find out! While this class boasts unique starting and ending points, many of the skills can be done as simple straight throws, making it accessible to more intermediate learners. The skills level up quickly and will challenge even the most advanced festival goers given their novelty.

Pre Reqs: Icarian straight throws in bird and throne. Comfortable with shin to foot.

KNOTS AT THE QUAY - STANDING H2H - CODY & RENO **ADVANCED**

Hand to hand knots (2-in-1) taught in several positions: L-basing, kneeling, and standing. Time permitting we can explore popping our knots to hand to hand while standing. For those wanting to use knots in a performance we will offer a 'bronco' style entry.

Pre Reqs: Flyer's- confident standing hand to hand exit. Base's- 3.72 second no step standing hand to hand & the burning desire to build up one-arm strength.

SATURDAY 10AM-12PM

INTRO TO STANDING ACRO - STANDING - JESS & TAVIS

ALL LEVELS

Where it all begins!

Come learn the basics of standing acrobatics. Get comfortable lifting humans and/or being balanced in the air, and work toward comfort in two high, as well as safe and fun exits plus a little standing acro flow.

Pre Reqs: None

FLUID FLIGHT - FLOW - DEVON & ADI

INTERMEDIATE

What happens when we break out of simple poses and dive into creative morphs? Unlock novel possibilities in traditional flow, diving into new improv tools that test your strength and control. These techniques aren't just experimentation—they can be scaled to refine your precision & build calibration for higher levels of acro.

Pre Reqs: bird to star, shoulder stand, being comfortable in reverse star

TARZAN POPS - WHIPS & POPS - ELLIOT & SOLANA

INTERMEDIATE

We will break down the Tarzan whip pop, exploring the different places you can take your front whip.

Pre Reqs: Strong Front Whip, experience with whip pops is a bonus

PITCH PLEASE - STANDING - CODY & LOUIE

ADVANCED

We will cover the fundamentals of toe pitches including our method of calibrating the skill with a new base/flyer. We will explore different toe pitch to skills and discuss the pathway to opening more difficult skills as you train your toe pitches.

Pre Reqs: **Bases** - familiarity and stability with two-high, high bird, and/or F2H. Ability to air squat several times and not collapse from working too hard. **Flyers** - familiar with the same skills as base, ability to box step several times without becoming a noodle, loves to fly

SATURDAY 2PM-4PM

ACRO SPEED DATE & SILLY CALIBRATIONS - GAMES - SARIAH & RENO ALL LEVELS

Co-Creation Games! Come with your favorite L-base transition or discover a new one with new friends! In this game we add-on to each others flows to create the ultimate washing machine. We always start with an acro speed date to give a chance to meet new people and find new partnerships. This is a great class to join solo or try a new roll. We will have time to explore fun moves together, choose your favourites and have a ton of fun for truly all levels of PLAY!

Pre Reqs: None

INTRO TO H2H - L-BASE - ELLIOT & SOLANA INTERMEDIATE

Learn the fundamentals needed to start working on your l-base hand to hand.

Pre Reqs: 30 second handstand against the wall & foot to hand

HANDSFREE POPS - ICARIAN - MOODY & COURTNEY INTERMEDIATE

Tired of using your hands for pops? Ready to get really tuned into your body and up your precision? Then this workshop is for you! Test your co-ordination and balance as we explore all forms of hands free pops!

Pre Reqs: 6+ months of popping experience, reverse star

THE BIG CHUNK - L-BASE FLOW- MILL & DEVON ADVANCED

We'll dive into tricky transitions and complex sequences, testing your ability to learn and perform choreography in bigger, more challenging chunks. You'll need focus, trust, and teamwork as we navigate creative flows that demand precision, strength, and grace. This class is perfect for experienced AcroYogis ready to break past their comfort zone and discover what they're truly capable of.

Pre Reqs: L-base flow, h2h, pops, stars, and slackro

SATURDAY 4:30PM-6:30PM

INTRO TO POPS- L-BASE - SAM & LUKA ALL LEVELS

We'll be looking at the foundations of hands connected popping, learning how to generate height, make throws and catches comfortable, and develop readable, connected timing.

Pre Reqs: Comfort transitioning between bird and throne (without popping)

MID SIZED BASES UNITE - STANDING - CORAL & SIOVHAN INTERMEDIATE

In this class students will learn standing acrobatic skills from a similar size pairing perspective, focusing on technique and alignment to help you achieve greatness! Sometimes the techniques used by "big base, small flyer" combos don't apply to mid sized bases, and in this class students will learn skills geared towards similar sized pairings and alternative pathways to skills that may not otherwise be accessible.

Pre Reqs: Experience with 2-high

REVERSE STAR GATEWAYS - L-BASE - JILL & HEIDI INTERMEDIATE

Open the door to the world of reverse star. Effective and efficient progressions will challenge you where you are in your evolution. Hands-free and Hands-free monos are on the menu.

Pre Reqs: Mount to reverse star and some experience with mono limb rev star

KAMIKAZE VARIATIONS - STANDING- MATT BE & MEITAL ADVANCED

We're gonna dive down and enjoy the ride! Kamikaze variations - different ways to get down from a H2H when you really want that crowd to gasp. We'll move slowly and safely, building up to the skills so you feel calm and secure and ready for anything.

Pre Reqs: Standing H2H (There will be variations without H2H)

SUNDAY 10:30AM-12:30PM

JILL & HEIDI FLOW- L-BASE FLOW - JILL & HEIDI ALL LEVELS

Progressive and inspiring, Jill and Heidi will guide you into a flow that will move your spine, work your core, and smooth out edges.

Pre Reqs: L-basing experience, counterbalance experience, willingness to spot

ICARIAN FLOW - ICARIAN - KIERRA & MOODY INTERMEDIATE

Get ready to twist, spin, turn and whirl in this flowy pop sequence! Work to your level with options to make the flow easier or more challenging!

Pre Reqs: Basic washing machines, basic transitional pops (example: bird to throne), being excited about the journey

INTRO TO STANDING H2H - STANDING - MATT BE & MEITAL INTERMEDIATE

You feel like you can do it but just want to get that good solid foundation? - this is the right class. we'll have drills for preparing our bodies, tips and technique to deepen understanding, and variations to best suit your body and current abilities to progress safely towards your H2H goals

Pre Reqs: comfortable with L-basing F2H for both base and flyer. Flyer can hold a supported handstand (with wall, human or other)

DYNAMIC F2F - L-BASE- JENAE + JOHN ADVANCED

This class will expand your repertoire of ways into and out of F2F. We will start by going over how to fail safely and spotting best practices. F2F used to be a really intimidating skill for us - by learning and practicing how to fail safely, we've been able to explore new pathways to and from F2F including some you probably haven't seen before! We will include progressions for intermediate learners and small twists and rotations that can challenge even advanced practitioners.

Pre Reqs: Icarian throne to F2F (with a spotter)

SUNDAY 2PM-3:30PM

THE STARS ALIGN- L-BASE - CORAL & SIOVHAN ALL LEVELS

Join us and immerse yourself in the stars. In this class we will work on entrances and exits in star and reverse star as well as refine our balance points to find alignment in free star. It's bound to be a stellar time!

Pre Reqs: None

DANCE LIFTS - MILES & COURTNEY INTERMEDIATE

Find your flow with Courtney and Miles while we work on some fun dynamic dance lifts! A variety of difficulty in the content will provide space for any level of partnership. Learn to not only do the lifts but to transition them together allowing them to be utilized more fluidly in your personal Acro flows and partner dance.

Pre Reqs: Flown or based a shoulder bird lift and/or have done some dance lifts before, comfortable with basic standing acro

DIZZY DANCE: THE FLAMINGO TANGO- L-BASE FLOW - ASH & MATT RA INTERMEDIATE

Half dance, half balance, this L-base machine will challenge your brain as well as your bod. Step into the creative minds of AcroMash and join us on a fantastical journey created just for this class. We'll channel our inner waterfowl and outer ballroom dancers in a machine that'll leave the audience blown away.

Pre Reqs: free side star, mono reverse star, shin2foot

MATT & LORYNNE THINGS - STANDING- MATT BA & LORYNNE ADVANCED

We do some weird and unique skills, and those who know us know that we love to find creative movements, interesting entrances and exits to hand to hand, etc.

Pre Reqs: Solid standing hand to hand while base walks in a square (forwards, backwards, left, and right.)

SUNDAY 3:45-5:15PM

SEAT TO SKY: A SAME SIZE SEQUENCE- L-BASE/STANDING - HAYLEY & MORGAN

ALL LEVELS

Join Hayley and Morgan for an all-levels same-size flow that transitions from seat to sky and back down again! Prepare for flyers and bases switching roles, compressive core strength, unique body positions, tricky flexibility, sneaky transitions, and an emphasis on co-creation skills with your partner! The class will also include an unnecessary amount of alliteration.

Pre Reqs: None

ACRO WARRIOR FLOW -L-BASE- EMILY & SEAN

INTERMEDIATE

This will be a flow for all levels that includes pops, whips, and hand to hand with options for levelling up or down!

Pre Reqs: side star, some introductory experience with pops/whips

GRUBBY MITTS: HANDS FREE TRANSITION- L-BASE- SAM & LUKA

INTERMEDIATE

Progressions and explorations into transitioning between hips and shoulders with little to no hand support with a focus on improving free and mono Star/RStar stability and range of motion.

Pre Reqs: Some experience with free Star or RStar and mono Star or RStar (w/ flyer hands is fine)

TOSS 2.0 -GROUP/STANDING- MATT BE & MEITAL

ADVANCED

We'll be exploring release and re-catch skills and how to sequence them in this next-level toss/swing class.

Pre Reqs: Basic understanding and experience with toss/swing. And flyers bring at least 1 base.

MINI SESSIONS: SATURDAY 1-2PM

INTRO 2 HANDSTANDS

WITH SIOVHAN

1-2pm

New to handstands and want to learn foundational skills, drills, and self care that'll help build a strong and sustainable practice? This is the session for you.

REFINE YOUR HANDSTANDS

WITH CORAL

1-2pm

This session is designed for people with an existing handstand practice looking to refine and improve being upside down on their hands. Whether you can hold your handstand for one second or one minute, there will be lots to learn here.

ROAD TO ONE ARM HANDSTANDS

WITH HEIDI

1-2pm

Ah the elusive one arm handstand! Join this session if you're looking to learn the techniques required to build this skill into your handstand repertoire.