

# Acro Yoga Flight Manual

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Acro-yoga is a physical practice which combines yoga and acrobatics. There are two schools of Acroyoga. Acroyoga Montreal, led by Jessie Goldberg and Eugene Poku, has

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## **Jason Nemer (Author of AcroYoga Flight Manual & -**

Jason Nemer is the author of AcroYoga Flight Manual & DVD (4.50 avg rating, 2 ratings, 0 reviews, published 2008)

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