MOVE. CONNECT. PLAY.

A little balance. A lot of connection.



Acroyoga experiences for teams, retreats and your own next step.

With Sam Erblich

Five years of teaching. A personal approach. Across Israel.

YOUR PEOPLE. YOUR EXPERIENCE.

Company days / Retreats / Private lessons / Groups

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01 / COMPANIES & HIGH-TECH TEAMS

A team day with a different balance.



A scene from guided teaching

Step out of the routine.

Bring the team together through partner movement, balance and a shared challenge. A beginner-oriented workshop shaped around your people, their comfort and their pace.

PLAN A TEAM DAY

THE SESSION, AT A GLANCE

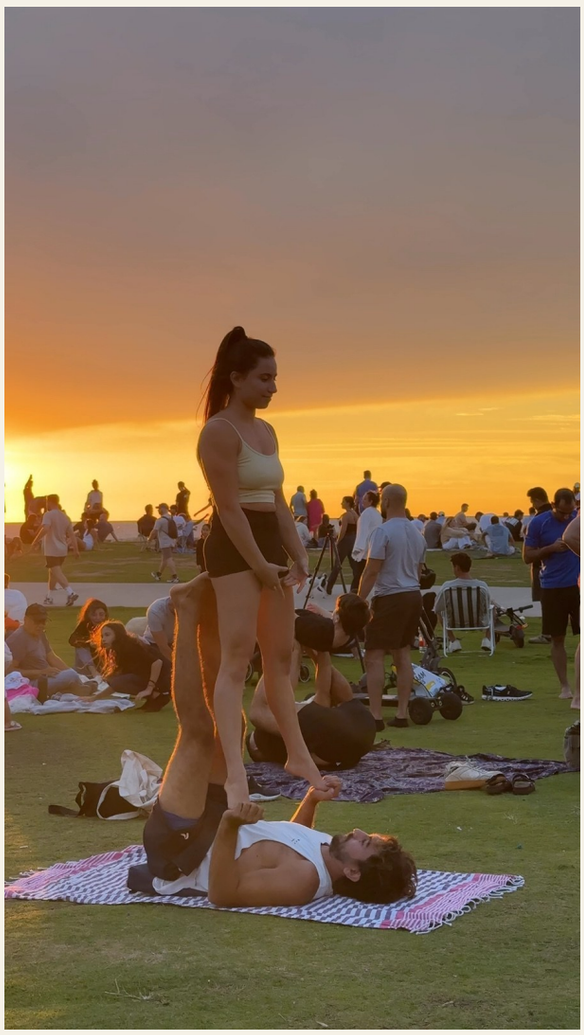
Warm up and connect. Explore partner balance. Try guided acro together.

Suggested duration: 60-90 minutes. Group size, venue, equipment and staffing agreed before booking.

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02 / SHARED EXPERIENCES

Good things happen together.





RETREATS & OFFSITES

A change of rhythm.

A movement session within your retreat or company offsite. Plan a playful pause with the organizer, shaped around the people, place and schedule.

FRIENDS & SMALL GROUPS

Bring your people.

Try something new together, or build a practice to return to. One-off workshops and group series can be planned around your experience and goals.

CREATE YOUR GROUP EXPERIENCE

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03 / PRIVATE PRACTICE & YOUR INSTRUCTOR

Your practice. Your pace.

Focused time to explore the foundations or work on your next step. Share your experience and goals, and we will choose a starting point together.

Suggested format: a 60-minute private or partner session, with the teaching setup agreed in advance.



Advanced personal practice

MEET SAM

Sam Erblich brings five years of teaching experience, hands-on instruction and his own ongoing acro practice to sessions across Israel.

> “You really are an awesome coach.”

Student feedback shared with Sam

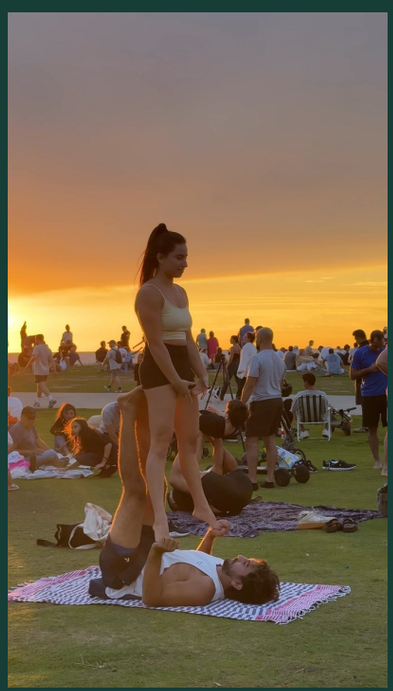
FIND YOUR STARTING POINT

04 / LET’S MAKE SOMETHING MOVE

See the connection. Feel the possibility.







WATCH THE SHORT FILM

The film includes teaching and advanced personal practice. Introductory sessions are adapted to the participants.

Your next experience starts here.

Send your preferred date, location, group size and the kind of session you have in mind. We will shape a proposal together.

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WHATSAPP

ACROSS ISRAEL · BY ARRANGEMENT