

DETROIT FLYHOUSE FLY PAPER

Volume #6

February 2012

Wow! This month's newsletter should be subtitled "Back to Business Edition"! We've got playshops, private lessons, yin yoga news and so very much more! Read on for all of the updates and awesomeness you've come to know and love at the Detroit Flyhouse!

♥ The Detroit Flyhouse Crew ♥

MARCH 18, 10-11:30 AM

INTRO TO Juggling

Want to learn to juggle in a fun, playful environment? Tom will lead students through basic moves with scarves then balls. Focusing on the fundamentals of juggling, you will start with basic throws and build up to the cascade, cascade variations and other tricks.

No previous juggling experience required -just a desire to play!

SIGN UP AT THE FLYHOUSE OR ONLINE
DETROITFLYHOUSE.COM
\$10.00 PER PERSON



OOH!!

AH!!!

Everybody leaves with some new badass skills!



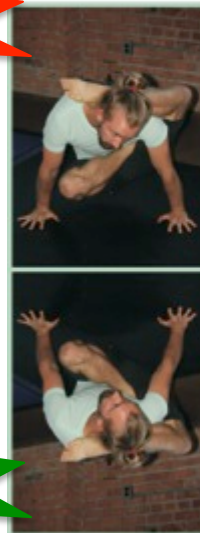
ARM BALANCE & INVERSIONS PLAYSHOP

MARCH 17 10-11:30 AM \$20

Dear Flyhouse Friends,
This playshop is an opportunity for students of all levels to learn and practice arm balances and inversions. From the most basic foundations to advanced variations, this class will have something for everyone.

It can be scary to go upside-down in a headstand, and daunting to try balancing on your hands--luckily, there are some very helpful tips and tricks that can make these postures accessible. If you've ever had an interest in learning these fun and empowering moves, this is the playshop for you.

I hope to see you there,
Matt



SIGN UP AT THE FLYHOUSE OR ONLINE DETROITFLYHOUSE.COM

Magic Teaser with Joshua Wilde

Saturday, March 3rd

1:30-3:00 pm

You don't need to be a sleight-of-hand master to wow your friends and family! In this introductory-level class, you will learn how to move objects without touching them, rip and restore a borrowed bill, vanish a coin, and learn how to con your loved ones out of everything they own ...

No previous criminal record needed ... just bring your desire to learn!
All materials will be provided. \$20 per person

Sign up at the Flyhouse or online:
DetroitFlyhouse.com



PARTY TIME!!!

We're throwing a party On March 4th to fund our devious plans to up Micha's badass quotient by turning her into the BIONIC WOMAN! Keep an eye on your email for more details! Don't need more details? Head over to <http://morphevent.eventbrite.com/> to purchase tickets now!

Aaaaaahhhhhh!!!!!!

Looking to relax after a rough week? Want to improve your flexibility? Always wanted to take a yoga class but not sure where to begin?

Then come join us for Yin Yoga at the Detroit Flyhouse. Yin Yoga is a calm and therapeutic style of yoga intended to stretch the body's connective tissues. This all levels class is donation only and consists of gentle postures held for several minutes at a time. We host this class every Friday at 7pm, rain or shine. Come start your weekend with us, you'll be glad you did. Please be sure to use the directions on our website at <http://DetroitFlyhouse.com/Contact.php>

NEW!!!! Starting February 7th the Detroit Flyhouse will be offering a donation only Yin/Yin yoga class every Tuesday evening at 5:30pm taught by Matt Buss and Micha Adams. This all levels class will be a combination of faster paced Vinyasa style yoga and longer held relaxing Yin postures. This will be a great practice for anyone looking to increase stamina, flexibility, and balance. See you there!

At the Detroit Flyhouse

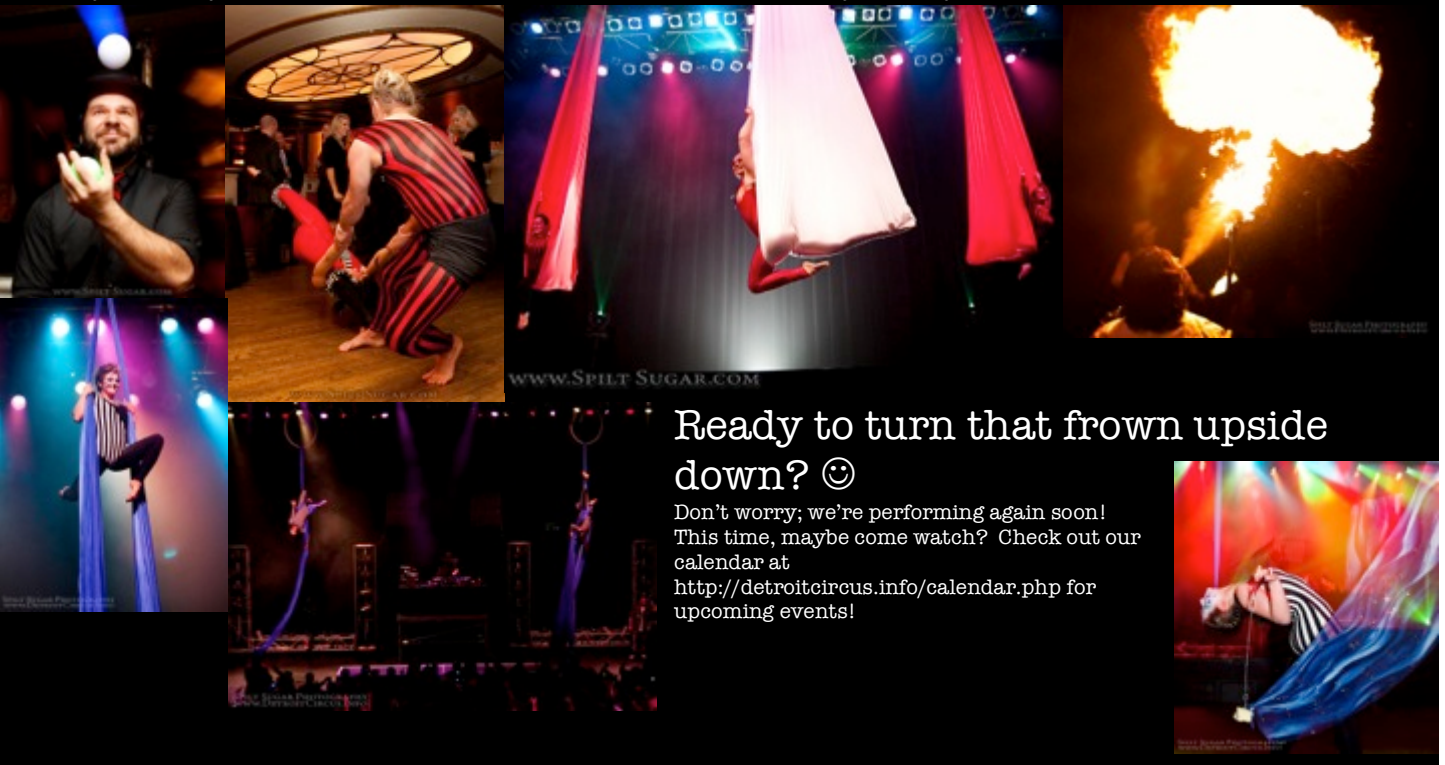
we offer private classes for groups or individuals, as well as private parties. All ages welcome and no experience required. Private classes are \$60 for one or two people, and \$30 per person after that. So share one with friends and its just \$30 a piece. These one-hour classes can focus on aerial acrobatics, partner acrobatics, juggling, contortion, arm balancing and inversions, or any combination of these. You tell us! Private classes are a great way to build strength, learn new skills, and gain self confidence. See you there!

Don't Forget!

Do you love coming to class? Want to share that love? If you're going to miss a class email Micha and let her know! Drop in spaces are only available when one of you lovely students can't make it. By letting us know you won't be there we can open it up to someone who wants to try us out!

Its Sad Face Time ☹

Or "Awww, it sucks to be you!" While you were off doing who-knows-what in December and January, we the Flyhouse People were kicking butt and taking names! What did you miss, you ask? Well! We were all over the place!



Ready to turn that frown upside down? ☺

Don't worry; we're performing again soon! This time, maybe come watch? Check out our calendar at <http://detroitcircus.info/calendar.php> for upcoming events!

♥♥♥DID WE MENTION: NEXT SERIES OF CLASSES IS ONLINE AND SELLING OUT FAST!!! HURRY ON OVER TO DETROITFLYHOUSE.COM TO SIGN-UP!!!♥♥♥