

# AcroYoga Beginner Tutorial - The Throne

URL for the video: <https://youtu.be/8KZsfosPLZo>

## IMPORTANT

1. The supporter needs to stand close to help your friends. Not touching but save your friend as needed.
2. For the Bird to Throne, remember the strong power line.
3. Other throne positions: hand connected to start, and to go down.
4. Use words to help.

## VOCABULARY

Thigh, lower thigh, back,

Shift to one side, strengthen one's arms, grip, lift, push into, roll up, hook, unhook

## Basic Mount

1. The flyer **stands with her back to the base**.
2. The base **holds** her legs and **places** the feet on her **thighs**.
3. The flyer can **stand on her toes** to help the base.
4. The flyer can slowly sit back and the base will **bring** the flyer from the bottom to the ground first then **push up** with her arms and legs.
5. When the base finds her 90° in the legs, she tries to **grip** and hold the flyer's feet.
6. If it is uncomfortable, the flyer **pushes into** the base's hands and **lifts** one sit bone **up** so she can change the placement of her feet in order to find the ground. Change the grip back to the flyer's **ankles** so the flyer won't **step on** her hands. The base can **bend her knees to her chest** and bring the flyer's feet to the ground.



## Straddle Throne

1. Hands connected.  
The flyer's feet **are placed on** the **inner thigh** not in the front.

2. The flyer **shifts** way to hold her hands and the base is **pushing up into** her thighs.

3. The flyer **hooks** one leg and then the other.

The base keeps her knees bent so the flyer can **roll up** only then the base **strengthens her knees** and she keeps her arms up until she's sure that they are **balanced**.

4. The flyer's legs are **activated** the whole time **pushing into** the base's legs and **rising up**.

1



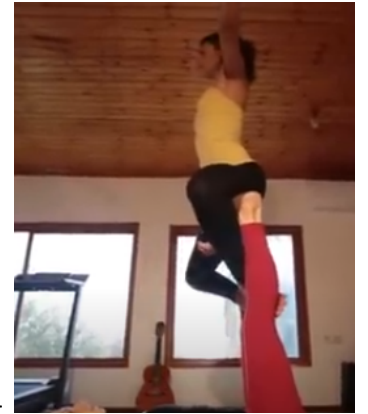
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3



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5. To go down, the base bends my knees. Hands connected. The flyer unhooks her legs.

## Reverse Throne

1. Hands connected.  
The base **places her feet on** the flyer's **lower thighs**. Toes are facing out.

2. The flyer **hooks** one leg then the other.

The base keeps her knees bent and **strengthens her knees** and she keeps her arms up until she's sure that they are **balanced**.

3. The base keeps her hands on the flyer's ankles. Then release.

1



2



3



## Bird to Throne

1. Do the bird position.  
Remember the power lines.

2. The flyer **shifts** way to **one side** so they can stay on one leg. The flyer will bend her knees to **create space for** the base to place her foot on the flyer's thigh.

3. The base **holds** the flyer's feet and **strengthens her arms** until they are balanced.

4. To go down, reverse back to the bird and then come down.

