

Hello Acrobats,

Welcome to the preconvention of the year 2012. As last year's first preconvention was a big success we will glad to accommodate another week of acro classes for all who are interested. Again there will be an intensive training program to get your level up and make your muscles squeal before you arrive in the Dutch acro.

There will be four days of 6 hours of acro class in the level you are in. Again we hope to have Jade teach a 1 hour yoga session in the morning. And again we will be eating at 'de Plak', the place to be in Nijmegen for vegetarian, vegan, special and organic meat dishes. And off course I will try to get most of us sleeping on ships in the harbor of Nijmegen again on the Orca and this year also on the Zeester. Breakfast and lunch will be provided at the gym location.

Program:

May 2012	Yoga	Breakfast	Acro	Lunch	Acro	Dinner	Boat
1. Mon 21 <sup>st</sup>		9h	10h	13h	14-17h	18h	20h
2. Tue 22 <sup>nd</sup>	8h	9h	10h	13h	14-17h	18h	20h
3. Wed 23 <sup>rd</sup>	8h	9h	10h	13h	14-17h	18h	20h
4. Thu 24 <sup>th</sup>	8h	9h	10h	13h	14-17h	18h	20h
5. Fri 25 <sup>th</sup>	take the bus to Bemmel 10h						

We are hoping on a gym in Nijmegen at a walking distance from the boats. In which case we do not make use of the good old fire engine.

Hoping to have the following teachers:

Fons Bennink  
Wybren Wouda  
Ilse Beers  
And Me, Niko

Additional teachers will be brought in when possible to make sure that there will be enough of us to set you to work.

The rates will be the same as last year 300 euro when paying in advance,  
and 320 euro when paying on the spot.

**Remember this is only for the preconvention, the Dutch acrobatics convention has to be paid and applied for separately, see <http://festval.akrobatiek.nl?!=en> for more information.**

Please do not transfer me the money right away. There will be instructions on payments later.

I will make a list of participants; I will try to accommodate everyone who wants to join. If there are too many then we will take in consideration the time of application. The list will be visible on the facebook group page: preconvention to the Dutch acro.

If you want to join the preconvention and get on the list send me a message or a email to [douwes99@xs4all.nl](mailto:douwes99@xs4all.nl).

Thank you,  
Niko Douwes  
Flower of life circus productions