

San Francisco CIRCUS CENTER

Presents

Parkour* Workshop

The art of urban acrobatics

taught by Neal Cordova and Ben Suvonnasupa



When: Friday, March 27th, 2009 7:00 pm - 8:30 pm.

Where: Circus Center, 755 Frederick St, San Francisco, CA

Cost: \$20 per person

Please call to register in advance at (415)759-8123

*Parkour (l'art du déplacement = the art of movement) is an activity with the aim of moving from one point to another as efficiently and quickly as possible, using principally the abilities of the human body. It is meant to help one overcome obstacles, which can be anything in the surrounding environment — from branches and rocks to rails and concrete walls — and can be practiced in both rural and urban areas.

Search: You Tube Videos ("Crossfit Marin")

http://www.youtube.com/results?search_type=&search_query=crossfit+marin&aq=f