

MONTHLY ASANA WORKSHOP - JANUARY 2010

INVERSIONS

*Turn your world upside
down!*

Special Session: In keeping with fresh starts and a new decade, we are beginning our 2010 workshop series with taking a new perspective on the world: looking at it upside down.

Usually viewed with trepidation, inversions are hugely invigorating, strengthening and exciting poses. We are going to explore the secrets to getting up, holding in and getting out of inversions.

We will cover:

- Tripod
- Headstands
- Elbowstand
- Handstand
- Plough
- Shoulderstand

Suitable for experienced beginners to advanced students. Kindly note it is not advisable to do inversions if you are menstruating.

Venue: Laguna Park
Cost: \$25 (or a stamp and \$8)
Time: 10am to 12pm
Date: Sun 24th January

Limited to
12 students



"Fear isn't an excuse to come to a standstill. It's the impetus to step up and strike." Anon





"The world is wrong side up. It needs to be turned upside down in order to be right side up."
Billy Sunday

**Coming
up in the February
workshop:**

Using Yoga to deal with
Back Pain

 *Kate Porter Yoga*
YOGA FOR NORMAL PEOPLE

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