



Inversions & Arm Balances Workshop

Saturday 13 August 2016
1.30 - 3.30pm @ The Yoga School

**with
Rossi**

For anyone who loves to be upside down, loves to learn about, or deepen, their inversions and arm balances.

Join me for a 2-hour workshop where I will show you how to warm up and prepare for your inversions and arm balances, starting from the very foundation.

A playful and fun workshop with a mixture of theory, practice and techniques with the emphasis on inversions and arm balances. Exploring fundamentals, as well as tools for building up core strength and helping to conquer the fear of being upside down.

The workshop will explore:

- A warm up for wrists and shoulders
- How to build strength to feel light in inversions
- Core/abdominal work
- Step-by-step into a handstand/headstand
- How to assist each other in inversions – partnerwork
- Creating a space to have fun, explore and ask questions.

\$59
or \$49 early
bird if paid by
23 July



Rossi

Bookings can be made in person at the school or online:
www.theyogaschool.com.au

For more information call Rossi on 0432 154 716
or email: roswitha.postler@gmx.de

Suite 14, 159 Pease Street, Piccones Village, Cairns



Stretch your body,
calm your mind

www.theyogaschool.com.au