

# Intro To Inversions Workshop



**Friday, March 20**

**7:30PM-9:00PM**

**\$30 per person (\$35 door)**

***Always Wanted To Try That Hand Stand or Head Stand,  
But Not Quite Sure How To Get There... And Stay There?***

Instructor Tina Pautz will help you lose any aversion to inversions with this hands-on workshop designed to teach you how to move into various inverted Yoga postures safely. Tina will guide you through the basics of proper set-up, technique and alignment for a series of arm balancing and inverted postures, and she'll work with you to help you get into position.

We'll start with some "warm-up" asana to prepare the upper body (shoulders and arms) for these challenging, fun postures, then workshop numerous tips and techniques designed to help you float – from down dog to head stand to hand stand, to crow to side crane and more!

This is a great opportunity to learn something new to expand and explore your Yoga practice with the safety of a spotter. Plus inverted postures are wonderful for your heart health.

No prior experience is necessary, however, a strong desire to learn and practice seeing the world "upside down" is a definite plus!

**Yoga instructors: Earn Yoga Alliance Continuing Education Credits  
by attending this workshop**

**Space is limited to ensure one-on-one assistance for each participant,  
so be sure to pre-register:**

**<https://www.updogyoga.com/workshops/rochester-workshops>**



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