

Intro To Inversions Workshop



Friday, October 23

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>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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