

Yoga Workshop

Inversions/Change Your Perspective

For years, yogis (and yoginis) have been practicing headstands and other inversions to improve their health, revitalizing their whole system. It is said that time spend upside down every day is one of the best things you can possibly do for yourself. The benefits of practicing inversions are extensive! Inversions can activate endocrine glands, strengthen the nervous system, improve circulation, aid in sleep, and bring calm to an over-stimulated brain after a stressful day of work.

In this workshop we'll turn our bodies upside down, understanding the key principles to invert our bodies and why we should invert our bodies. Learn essential skills by practicing poses and the importance of the hands, arms, and head. We'll start with movements and stretches to prepare the body, and then learn/review poses including headstands, shoulder-stands, elbow stands, and handstands. We'll use various props, (wall, inversion table, headstand prop, blankets, and chairs) to assist you in your postures and to build confidence.

WHAT: Inversions Workshop
WHEN: Sunday, March 22nd, 2-5pm
WHO: Open to all yoga students
WHERE: Yoga For Health Studio
110 Mass Ave.
Lunenburg, MA 01462

COST: \$40

To register, or if you have any questions regarding this workshop, please call us at 978-345-1156. Pre-registration required by March 15th. Payments can be mailed to Yoga For Health.