

INVERSIONS & BACKBENDS



with David Wilson
Sunday April 15, 2012

1:00 - 3:00pm
\$40 (members \$35)

A safe, fun and refreshing look at the poses that we sometimes avoid.

Our bodies are capable of amazing feats.

This is a workshop in creating the physical, mental and emotional safety required in order to practice backbends and inverts with greater ease.

We will explore stretches and energy work that help us warm-up gently into the poses that scare us. Breathwork, partner poses and the joy of discovering the difference between power and force will combine to assist us in remembering that "hard poses" may be approached with agility, comfort and delight.



Register:
780-416-4211
www.yogafortoday.ca

#206, 2016 Sherwood Drive
Sherwood Park