

Inversions 101

Yoga Workshop

With Randy White, CYT 200



This workshop is intended for those practitioners looking to grow, expand and build upon their current practice by learning and practicing the art of inverting. You will learn the tools and fundamentals to effectively and safely go upside down with confidence. If you are looking to learn more, practice more or just build upon your already existing inversion practice, then this is your opportunity to feel empowered. We will explore four main inversion poses: Handstand, Forearm Stand, Headstand, and Shoulder Stand. Inversions are some of the most powerful yoga poses for the mind and body, so come and find out what all the fuss is all about. Tips, tricks, props and walls will all be covered...

\$25 Early Bird Investment \$30 after Nov. 5th

Sunday ~ 12:00pm - 2:00pm

November 8th, 2015

Randy has a 200 Hour Hatha Certification from SoderWorld Academy of the Healing Arts taught to him by an Anusar-Inspired teacher and lineage. In Randy's class, expect to practice from a heart-orientated place while focusing on breath-work, balance, strength, and flexibility with an emphasis on having fun, staying present and tuning in to one's own awareness. Randy understands that with continual regular practice, yoga has the power to change lives and is excited to share the journey. Randy is currently working on his 500 hour certification through Tejas Yoga in Chicago, IL.

Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404

(Located in the Hammel Creek Commons Shopping Center)

To register please log onto www.sacredpathyoga.com & click "Enrollments" tab. For more information, email info@sacredpathyoga.com.