



Inversions:



The Art of Balance

Presented by: Elizabeth Voetsch

Saturday, February 11th

12 Noon - 2:00pm

\$30 in advance \$35 Day of event

(Limited to 15 people. Not suitable for beginners)

Inversions ask us to be fully present while turning our world upside down. This workshop is designed to guide you comfortably and safely into inverted asanas such as headstand, handstand and forearm stand amongst others. Class will follow a traditional progression in which we will stop along the way and explore various inversions. Lots of hands on demonstrations, adjustments and feedback as well as time for questions and answers.