



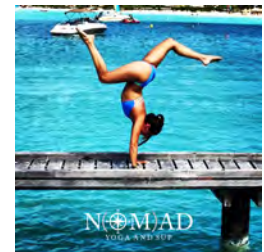
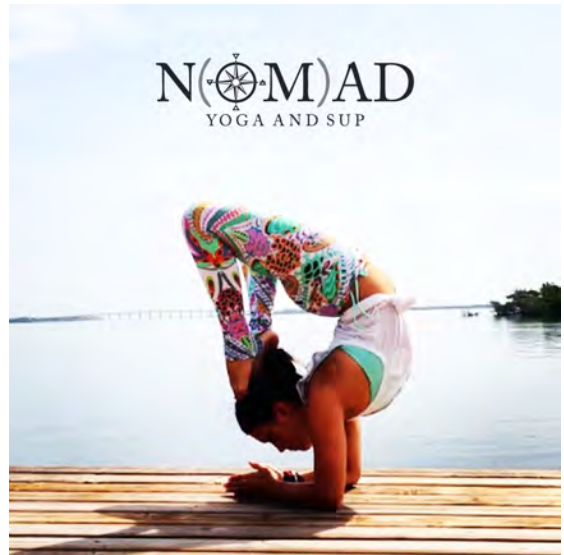
# INVERSION WORKSHOP

## FLIP YOUR PERSPECTIVE AND BREATHE

Come change your perspective and learn how to safely build your own inversion practice! In our two hour workshops, we will be building the confidence and learning the tools needed to safely incorporate inversions in to your yoga practice. It's time to conquer those fears of flying and build the strength and confidence to discover the benefits of floating, falling and most importantly, flying! We will laugh, sweat, play and more importantly, have fun all while learning new and challenging ways to invert. We will be covering different arm balance variations as well as handstand, forearm stand and headstand options to spice up your practice.

Inversions can have a profound effect on the body's physical and emotional health. Turning upside down is an invitation to flip your perspective and learn to breathe when life flips you upside down. So come release your fears, calm the mind, strengthen your body all while elevating your mood. You will leave feeling energized, balanced, empowered and inspired to incorporate these fun variations in to your practice.

Classes are taught by Ashlee Fehsenfeld at The Yoga Studio.



All Levels and  
All Students WELCOME!

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