



is proud to present:

FOR ADVANCED BEGINNERS: Tackling Inversions

with Yoko Yoshikawa

An Intensive on Four Sundays • April 11, 18, 25 and May 2 • Sundays 3 – 5 pm
At Piedmont Yoga Studio, 3966 Piedmont Ave., Oakland, Studio 2

Inversions are arguably the most exhilarating of all the yoga *asana*. At the same time, they are some of the hardest poses to learn. We tense in the face of the unfamiliar, and lose connection with the breath, and the lifting, clarifying muscles of the torso, hips and legs. Oftentimes, our neck, shoulders and chest are too constricted to be the base from which the body rises.

In this workshop, you will learn how to do full arm balance (handstand), *pinchmayurasana* (elbow balance), *sirsasana* (headstand) and *sarvangasana* (shoulderstand) safely and with appreciation. We will prepare with more beginning-level poses, sequences to open the chest and shoulders, and partner work. You will hone your home practice by learning basic anatomy, observing what needs attention in your own body, and discussing the sequences we do in class. You will have homework and must commit to a regular practice (5 days per week) for the span of the course.

COMMENTS FROM FORMER STUDENTS:



"I enjoyed this workshop very much. I love the powerful feeling that inversions seem to give me but I must say that they are quite humbling also. So much care and attention needed for the safe set-up for inversions — I valued learning this."

"Before the workshop I had been "winging" my inversions — throwing myself up and trying to hang in there. Now I am more confident in knowing how to set up the pose and adjust when I am in it... Thanks — this class has changed my whole outlook on my personal practice."

You must have been practicing yoga consistently for at least a year, have no major neck or shoulder problems and no blood pressure or heart problems. Please consult with Yoko at 510.526.8336 if you are not sure that this workshop is right for you. There will be no class on May 24th, Memorial Day weekend.

Yoko Yoshikawa has been teaching yoga since 1996. She wrote a feature article on headstand and shoulderstand for the October 2000 *Yoga Journal*. This is the seventh time that she is offering this workshop.

Workshop is \$130 by April 4 or \$145 after. Cancellations prior to 4/4/10 will be refunded workshop fee minus a \$15 administrative fee. No refunds for cancellations on or after 4/5/10. For more information, call Yoko at 510.526.8336.

Registration for Tackling Inversions, Four Sundays, April 11, 18, 25 & May 2, 2010 • 3–5 pm

Name Daytime Phone

Address Evening Phone

City/State/Zip E-mail

Make check payable to Piedmont Yoga Studio and mail with this registration form to:

Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611

Fee: \$130 by April 4, 2010 or \$145 after