

Yoga Inversion Workshop: Headstand

Saturday, November 16

2:00 p.m.-3:30 p.m.

Are you ready to tap into the power of gravity? Join instructor Claire Ward as she turns your yoga practice upside down in all-encompassing headstand inversion workshop.

This workshop will give yoga practitioners -- from beginners to advanced yogis -- the opportunity to safely explore the yoga headstand so that they may begin to incorporate it into their standard vinyasa practice.

Participants in this workshop will explore...

- Warm-up exercises to properly prep the wrists, arms, and shoulders
- Strengthening drills for both the core and upper body
- Strategies to achieve proper alignment in headstand
- Fear-breaking techniques to help build confidence
- Techniques and strategies to fall without injury

Members Only | Ages 15+ | Registration Required \$20

Register through the mobile app, online, or by calling the front desk at 734-665-3738, ext. 110.

There will be a \$20 cancellation fee for canceling within 24 hours of the event.

