



## Arm Balance & Headstand Yoga Workshops

Ages 15+ | Members Only | \$20

Join instructor Claire Ward as she turns your yoga practice upside down in two new, specialized yoga workshops!

These specialized workshops will give yoga practitioners -- from intermediate to advanced yogis -- the opportunity to safely explore arm balance and headstand so that they may begin to incorporate them into their standard vinyasa practice.

### Arm Balance Workshop Saturday, April 27 | 2:30 p.m.-4:00 p.m.

Participants in the arm balance workshop will explore ...

- Warm-up exercises to properly prep the wrists, arms, and shoulders
- Strategies to achieve proper alignment in poses like crow, flying splits, and elephant trunk
- Fear-breaking techniques to help build confidence
- Techniques and strategies to fall without injury

### Headstand Workshop Saturday, May 18 | 2:30 p.m.-4:00 p.m.

Participants in the headstand workshop will explore ...

- Warm-up exercises to properly prep the body for the pose
- Strategies to achieve proper alignment and weight balance
- Fear-breaking techniques to help build confidence
- Techniques and strategies to enter and exit the pose without injury

Register through the mobile app, online, or by calling the front desk at 734-665-3738, ext. 110. Feel free to take one workshop -- or register for both to build upon and practice the skills you acquire.

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

