

The Power & Beauty of Inversions

with Noah Mazé

Saturday July 17th, 2010
1:30pm - 4:30pm

Inversions are some of the most powerful and transformative of all the asanas, this class is a special opportunity to learn and practice these powerful poses that we often do not have time to cover in detail in regular classes.

This class will explore sequences to learn and progress your practice of many inversions including Sirsasana cycle (headstand) and Sarvangasana cycle (shoulderstand). We will look at props, stages, modifications and variations to empower your inversion practice in classes and at home. If you have blankets that you use for these poses, you are encouraged to bring them.

All levels welcome.

Cost: \$50

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"In no other system of exercises are inverted poses available. The yogis realized the deleterious effects of gravity and, at the same time, they understood the inherent effects of these poses on the body."

K. Raman, MD (from A Matter of Health)

The ancient books have called Sirsasana (head stand) the king of all asanas...its mastery gives one balance and pose, both physically and mentally. The importance of Sarvangasana cannot be over-emphasized. Sarvangasana is the Mother of asanas."

B. K. S. Iyengar (from Light on Yoga)

