

VINYASA YOGA—ALL LEVELS



EXPLORE

## Integrate Your Core Joan Hyman



**May 10th, 2008**

Saturday, 1:30-4:30pm

**Westwood**

310.234.1200

**Price**

\$50 by 4/26

\$60 after 4/26

### **Lifting our body weight off the ground in poses like arm balances and inversions can be intimidating.**

To lift off the floor in arm balances and inversions, we need an awareness of the core muscles to help us maintain a connection to our center while lifting our bodies and extending our energy upward. This workshop will begin with surya namaskra to warm up the body and connect with the breath. We will go right into core work - focusing around plank, chaturanga, and navasana. The use of blocks will help us learn to lift the hips up off the floor and the actions of mulabandha and uddiyana bandha will be taught to help us understand how to take the weight from a physical plane to a more subtle place. We will then be prepared to break down arm balances and inversions using our core to find balance and strength that comes from our center.

An understanding of surya namaskra and the basic foundations of postures are required; however, you do not have to be able to do inversions or arm balances prior to this workshop, this is what it is for. *Be prepared to work hard, have fun, and deepen your practice!*

### **Joan Hyman**

A dedicated Ashtanga practitioner, Joan teaches a vibrant flow class strongly influenced by her core teachers Annie Carpenter and YogaWorks co-founder Maty Ezraty. Her practice has also been influenced by Iyengar teachers Lisa Walford, Marla Apt, and Gabriella Guibilaro, with whom she has studied in Florence, Italy. She continues to deepen her practice by opening herself to experiences that help her inner growth: "I have always lived through my heart's intentions and the more I dedicate to my practice, the more I connect to my own divine light, and the richer my life gets with experience and joy."

