



# JOAN HYMAN

## FLY FREE WITH CONNECTION TO SELF

January 28, 2012 | Larchmont Village

**Saturday, 2:00-5:00pm | All Levels**

**Early \$45 | Day of \$55**

**Build inner confidence thru arm balancing!**

This workshop will explore the foundations of arm balancing, including handstands and pincha mayurasana, and give you tips and tricks to spread your wings open and lift your body off the ground. Learn how to practice these poses from a place of courage, breath and playfulness! No need to fight your way through it, we will learn a pathway to channel these postures into your practice with enthusiasm and ease.

*Joan Hyman, E-RYT 500 is a distinguished senior yoga teacher, who weaves her personal yogic journey into popular teacher trainings, workshops, and retreats around the world. Her teachings come from an organic intuitive place, as she draws upon joyful study of ashtanga yoga, ayurveda (the science of life), and meditation. With over 20 years experience, Joan's extensive travels reflect her passion for continuously growing and learning to spread her yoga. Joan Hyman's open heart approach to teaching yoga keeps her inner spirit and her students continuously evolving.*

**TO REGISTER, VISIT [YOGAWORKS.COM](http://YOGAWORKS.COM) OR CALL 310.664.6470 X125**