

ASANA IN FOCUS



EXPLORE

# Finding Peace with Inversions & Balance



**JOAN HYMAN**

may 23rd, 2007

wednesday, 7:30-9:00pm

westside studio

\$30 in advance; \$35 at the door

**Inversions shift our perspective and make us feel more alive and balanced.**

They flip us upside down while reversing the effects of gravity by creating a light and agile feeling in our bodies and minds. They are the most exciting part of our practice and teach the body how to stabilize by using our core. When we are in balance, wellness and peace are cultivated.

In this workshop we will warm up with Surya Namaskar A & B followed by an intense vinyasa flow sequenced to open the shoulders and strengthen the core to help us prepare for inversions. Come prepared to work hard, have fun and gain a deeper understanding of your practice.

*Some previous experience and understanding of sun salutations are helpful.*

## Joan Hyman

Joan recently returned from Mysore, India where she studied with Sri K. Pattabhi Jois at The Ashtanga Yoga Research Institute (ayri.org). She also had the privilege to travel to Sri Lanka where she studied with a certified ashtanga teacher Anthony "Prem" Carlisie. A dedicated ashtanga practitioner she has also been influenced by Iyengar teachers Lisa Walford, Marla Apt, and Gabriella Guibilaro who she has also studied with in Florence, Italy. Joan continues to deepen her practice by opening herself to experiences that help her inner growth.

*"I have always lived through my hearts 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."*

Workshop policy applies. Please see web site for details.



37 west 65th st. (by subway: A, B, C, D to columbus circle OR 1, 9 to 66th st) 212.647.9642 [yogaworks.com](http://yogaworks.com)