

VINYASA YOGA—ALL LEVELS



EXPLORE

Integrate Your Core with Joan Hyman



August 3rd, 2008

Sunday, 1:00-3:00pm

Westside

212.769.9642

Price

\$35 by 7/20

\$45 after 7/20

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

Joan Hyman teaches a strong vinyasa flow class inspired by her mentors Annie Carpenter and Maty Ezraty (co-founder of yogaworks). She has been extremely influenced by the ashtanga method and has traveled to Mysore, India in 2006 to study with Sri K. Pattabhi Jois. She leads retreats and workshops around the globe along with many popular classes in Los Angeles.

