



## **Backbend & Inversions Practice with Joan Hyman!**

**December 7, 2019  
11am - 1pm**

**At Mystic Journey  
1702 Lincoln Blvd  
Venice, CA 90291**

Join Joan Hyman for this two hour asana practice focused around backbends and inversions. These powerful poses can enhance a greater sense of awareness and leave you feeling heightened. To go deep in these postures requires patience, steadiness, and detail to alignment. In this two hour workshop, we will open with a vinyasa flow practice followed by inversions and backbends and winding down with a quieting pranayama practice. This workshop is open to all levels and you will learn how to access these postures in a safe and effective way. Joan travels the globe leading teacher trainings and her detail to instructions and powerful energy will lead you feeling energized and open all day long!

**Pricing - \$35 if pre-register and \$40 at the door. Email [Joanhymanyoga@gmail.com](mailto:Joanhymanyoga@gmail.com) to register.**

Joan Hyman's grounded teaching style seamlessly supports her students as they emerge from their practice with the rich and bright energy that yoga has to offer. Joan's teaching comes from an organic and intuitive place as she draws upon the combined study of Ashtanga and Iyengar Yoga as well as Ayurveda, Meditation, and Pranayama. An authentic modern day yogi, Joan's love and devotion show up in her practice and her teachings. She spent fifteen years as a distinguished Yogaworks Senior Teacher before bringing her expertise to Wanderlust as the Director of Teacher Trainings in 2016. Now with over twenty years experience of leading retreats, trainings, and international workshops, Joan continues to travel the globe leading her own teacher trainings and partners with yoga schools in various corners of the world to enhance their teacher training programs. A leader in the Los Angeles yoga community, Joan's open hearted approach to teaching yoga keeps both her inner spirit and her students continuously evolving.

**Joanhyman.com**

**Facebook: Joan Hyman Yoga**

**Instagram: Joanhyman**

