



YOGIS & YOGINIS WORKSHOP

INVERSION SERIES

Saturdays, November 6 & 20 - Sundays, November 7 & 21 - 3:45 to 5:45 PM

\$180 for the 4 sessions

\$55 per session - \$50 when purchased by 11/5

Inversions are an integral part of a growing yoga practice that help practitioners build strength, stamina, confidence, and a sense of play. Inversions offer a myriad of physical, emotional and mental benefits and guide our ability to be both alert and focused, as well as calm and receptive.

This series will focus on four common Inversions, and each workshop will include bio-mechanic alignment, anatomy overview, and training drills to amplify understanding and approaches to these often challenging poses. Come to these classes expecting use of props and the wall, plenty of warm-up, ample repetition, and definitely some humor.

While learning inversion poses can be fun, it's recommended students have ample experience of yoga to attend these workshops, with good working knowledge of Downward-facing Dog. Please no raw beginners or major injuries.

This series is progressive, and builds on the previous, however you are welcome to take individual sessions of your choosing:

Part 1 – November 6: Handstand

Often viewed as the most difficult of all inversions, we'll take a different approach! Handstand, (*Adho mukha vrksasana*) features arms straight in the overhead plane and involves lengthened hamstrings, and core strength. This position offers considerable access to shoulder mobility and strength building for the upper back. We'll use props to open shoulders, hamstrings, and build core awareness, plus the wall for plenty of progressive variations.

Part 2 – November 7: Forearmstand

Forearm stand (*Pincha Mueyasana*), also known as "peacock feather", involves particular shoulder mobility and strength with more awareness needed on the side body, mid-thoracic spine and core. We'll prepare through shoulder openers, side bends, backbends, and core work.

Part 3 – November 20: Headstand

Often called the "King of asanas", Headstand (*Sirsasana*) can build focus and heat and has two main forms. We'll prepare for Sirsasana 1 by lengthening and strengthening the latissimus dorsi, core and upper back. We'll also review stages of entering the pose and putting weight on the skull, all the way up to doing variations of the pose once balance is sustained.

Part 4 – November 21: Shoulderstand

Often called the "Queen of asanas", Shoulderstand (*Salamba Sarvangasana*) can be cooling, calming and grounding. This pose takes preparation opening the front of the chest, strengthening the upper back and neck, and understanding the use of props.

About the Teacher:

JULIE DOHRMAN

Julie Dohrman has been teaching in locally and internationally for almost 20 years and is one of New York's most sought-after teachers. Widely known for her inspiring, intelligent, and practical approach to yoga, Julie has an infectious passion for the practice and views yoga as a means for personal transformation and growth. Her classes are deeply layered, often combining mythic stories and sage teachings from varied lineages with clear instruction, smart, progressive sequencing, plenty of challenge, nuance and depth. Julie is Certified in Anusara Yoga, ERYT-500 / YACEP, and teaches in Brooklyn and NYC.