



# YOGIS & YOGINIS WORKSHOP

## INVERSION SERIES

*\$180 - 4 sessions / \$55 per - \$50 by 11/5*

Saturday 11/6  
Handstand



Sunday 11/7  
Forearmstand



w/ Julie Dohrman

3:45 to 5:45 PM

Saturday 11/20  
Headstand



Sunday 11/21  
Shoulderstand

