

Immersion into Inversions

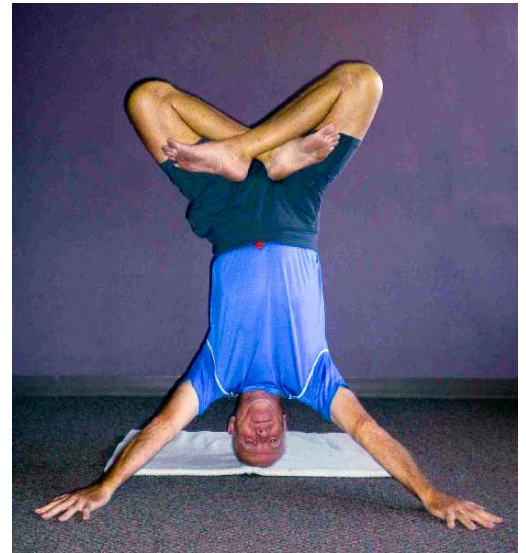
with
Emmett Schmelig

Inversion poses have numerous benefits:

- improve circulation
- increase mental awareness
- strengthen the core
- help rid the body of toxins

Explore the world from a different point-of-view in this *Introduction to Inversions* workshop.

Learn about headstands, forearm balance, handstand and more.



The workshop is designed to increase your understanding of the proper alignment of inversions and to strengthen the muscles needed for them.

Come and turn your fear upside down!

Some yoga experience is required.

Date: February 19, 2012

Time: 1:00 p.m.-4:00 p.m.

**Cost: \$35.00 Early Registration
\$40.00 after Feb. 17th**

Pre-Registration REQUIRED

Call (618) 779-5378 or email edwardsvillefs@gmail.com to register!