



All Levels Workshop
with **Vladimir Jandov**, Certified Iyengar Yoga Teacher
Sunday, March 11, 2018 2:00 - 4:30 PM

Inversions Preparation, Poses and Variations



Join Vladimir to deepen your understanding and practical knowledge of inverted poses such as, *Sirsasana* (headstand), *Pincha Mayurasana* (forearm stand) as well as *Sarvangasana* (shoulderstand) series and variations as taught in the Iyengar tradition outlined in *Light on Yoga*.

This class will turn your world upside/down in order to explore the dynamics of inverting the body through building a solid foundation from which to grow while also looking at the opposing forces at play in Inversions.

A sequence of poses that prepare one for inversion practice will be introduced which will help you build confidence to practice safely in your own home.

Vladimir Jandov (Intermediate Junior 3) started practicing yoga from 12 years old and has been teaching Iyengar Yoga from 2002 in LA. He also took part in the first 3 year Teacher Training in Therapeutic Yoga with Manouso Manos and weaves his knowledge of the body and bio-mechanics into his teaching.

Special early bird discount - \$45 - Register by March 4 - \$50 thereafter.

Vladimir Jandov 3/11/18

Name _____

Email _____

Phone _____

sign up online, in the studio or mail form with check to the studio

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