

APPROACHING INVERSIONS with CONFIDENCE and JOY

A workshop with

Monica Voss

FRIDAY 15th JUNE 2018

Cavendish Pavilion

Field End Rd, Eastcote HA4 9PG

9.30am – 1.00pm Cost £36



Inverted postures are exciting, invigorating, strengthening and can be a bit disorienting. Practising inversions requires a combination of stability and mobility, precision, grounding and the willingness to be confused. Using a variety of relaxation techniques, breathing exercises and shoulder releases, we'll explore the rationale of being topsy-turvy and reap benefit through practice of the many preparations and the traditional completed poses as well.

MONICA VOSS HAS BEEN PRACTISING AND TEACHING Yoga for over 40 years. She has studied with Esther Myers, Vanda Scaravelli and Mary Stewart and has been training teachers since 1986. Monica co-owns, directs and teaches at the Esther Myers Yoga Studio in Toronto, Canada. She conducts workshops, retreats and teacher training in North America, Europe, Mexico, the Caribbean, and India and has been offering annual Summer workshops in the UK since 1989.

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Approaching Inversions with Confidence and Joy - A workshop with Monica Voss

Friday 15th June 2018 9.30 -1pm

Application Form – Cost £36

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN BACs 08-92-86 16087499
Telephone: 01895 675426 07876 207408 e-mail Jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk

NB. If people have to withdraw I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.