

# APPROACHING INVERSIONS with CONFIDENCE & JOY Part Two

## Monica Voss

**FRIDAY 28<sup>th</sup> JUNE 2019**  
**Cavendish Pavilion**  
**Field End Rd, Eastcote HA4 9PG**  
**9.30am – 1.00pm Cost £36**



Inverted postures are exciting, invigorating and strengthening. 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. This year, we will spend more time on the traditional completed poses. Participation in Part 1 of this workshop is NOT a prerequisite - everyone is welcome!

*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 28<sup>th</sup> June 2019 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](mailto:Jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://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.