

# The Physics of Flight: Inversions & Arm Balances

Saturday, July 11th 1:30-4 PM

Cost: \$35 by 7/8, \$5 *extra late registration*  
(*\$25 for instructors or teachers-in-training*)



Hold on to your *bandhas*, yogis, 'cause this workshop will rock your *asana*! Join gifted teachers Kate Greer & Richmond Dickson for a master vinyasa class that will take your practice to the next level. In this workshop, we will build arm balances all the way from *Bakasana* (Crow) to advanced handstand variations. Using integration and strength to stabilize our poses, Richmond will draw on his background as a myofascial bodyworker to tie the anatomy of yoga into the practice. Complimenting the intellectual concepts of these balancing and inverted poses, Kate will break down the 'physics of flight' or, HOW TO GET UP AND STAY UP! All those with a regular vinyasa/power/ashtanga practice are welcome (if you regularly attend Kellie's Vinyasa/Power classes then YOU'RE READY!) *Hurry - this one will surely fill up fast! Sign-up now on the events page at [www.JeweledLotusYoga.com](http://www.JeweledLotusYoga.com)*