

# INVERSIONS

Going upside down!

with  
Lauren Davis

Saturday October 29<sup>th</sup> 2011  
2-4pm  
\$25 per person



Learn how to safely work on

**Handstands, Elbow Balance, Headstand, and Shoulder Stands.**

This workshop is for students who want to learn how to safely begin a practice that includes inversions. It's also for students who can already go up but are ready to fine-tune their poses. We will be working on lots of ways to approach this practice no matter what level you are.

Participants will need prior yoga experience; this workshop may not be suitable for students who have never had a yoga class.



**There are many benefits to going upside down:**

Improves digestion.

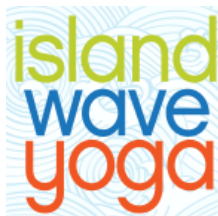
Helps to focus your mind.

Gives you energy.

Improves overall circulation and respiratory health.

\*\*Inversions are not recommended for people with high blood pressure, heart problems, detached retina, ear problems, neck injuries, or during menstruation.

Lauren Davis has been teaching yoga for over 15 years and she loves inversions. She studies many different forms of yoga and continues to bring new and challenging ways to enjoy yoga, lightened with a bit of humor. For more information check out [www.laurendavislive.com](http://www.laurendavislive.com)



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