

SPECIAL EVENT



Inversion Immersion: Taking a Leap of Faith with Michael Faith

4-week session: June 9 - June 30 | Wednesdays from 6:30 - 8:00pm
\$60 if registered by June 6, \$75 thereafter

Sometimes your only mode of transportation is a leap of faith!

The thought of working into yoga postures that turn us upside down can be both invigorating and scary at the same time. This 4 week workshop aimed at beginning level students will be led by Yoga 101 teacher Michael Faith. In this series learn step by step how to enter into inversions with mindful attentiveness to details as well as embodying a playful and exploratory nature as you learn to take a leap and invert.

Techniques will be given to learn how to work the body from the inside out waking every part of the body up to support the process of "leaping" into the poses. Inversions will be broken down into a clear manner and worked through several ways to help everyone understand the foundations of the pose so that all levels can find a way to express the pose in a way that meets their body's evolution. Class will also explore how breath and intention co-operate with alignment to bring about the action of the pose. EVERYONE will find SOME variation of poses that will work for them. You will find success with inversions this time, and at least have fun if you don't!

Class will take us through variations of headstand, hand stand, shoulder stand and forearm balance. If these are poses that seem illusive to you or that you struggle with this workshop will be for you. Please bring your sense of adventure and your humor to this practice. :)

Pre-registration is recommended in order to guarantee your spot. Space is limited.

To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at <http://www.bloomyogastudio.com/register>

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JUNE INVERSION IMMERSION REGISTRATION FORM
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Name _____
Address _____
City/State/ZIP _____
Phone _____
Email _____


METHOD OF PAYMENT

Cash
 Check
VISA, MC, or AMEX Credit Card

Amount _____
Name on Card _____
Credit Card # _____
Expiration date _____
Signature _____

Bloom Cancellation Policies: Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

Michael Faith:
Michael Faith teaches yoga and meditation in a style that reflects the evolution of his study of Vinyasa and Anusara yoga and Buddhism. Classes revolve around a philosophical or structural/pose theme making each week a fresh, vibrant, and fun new experience.



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