



HANDSTANDS!!

And other upside-down magic!

with Wendy Dahl

Saturday, Feb 11th, 3 - 5 pm

Want to take your inversion practice to the next level?
From swinging up to pressing up:
Handstands.

That's it. No extras.

Join AcroYoga Instructor Wendy Dahl, ERYT, for an afternoon of handstand insight, awareness, practice and upside down joy. Learn how the wisdom of the acrobats can inform your practice of not only handstand, but all hand balances. Acrobats specialize in handstands, so you are guaranteed to take your handstand to the next level.

There are three main elements of handstand training that we will explore, so wrists fear not, much of our learning will include techniques that do not require you to be on your hands. However, we will have a considerable amount of time upside down, followed by massage techniques that will prolong your hand balancing career and make any acrobat melt.

Appropriate for all levels!

Cost: \$25

Questions? Email wendy@bluesunyoga.com

**Niyama Yoga
is located at
742 12th Street
Wilmette, Illinois
6 0 0 9 1**

For information, call
847.251.8176

For news about
upcoming events,
visit us online at
www.niyamayoga.com

Name: _____

Address: _____

City/State/Zip: _____

Phone number and email address: _____

Form of payment: Check (payable to Wendy Dahl) Cash

Total amount enclosed _____

Handstands! February 2012