

The Art & Science of Handstands

Saturday February 25, 2012
10:00-12:00 pm



The journey of 1000 miles begins with the first step. This workshop will not only teach you the techniques needed to build strength, endurance and balance in a handstand, but also reveal the many therapeutic benefits we receive by turning our lives upside down. Join us in the joy of handstanding and go home with new tools to refine your upside down life. This workshop will support students of all levels -- those who have never done a handstand, love doing handstands but cannot balance, can balance in a handstand and want to learn more, who don't care about handstands but would like to have more patience and focus in their lives, etc...

Bio:

Sarah is a masterful teacher of inversions. She has an extensive background in gymnastics and yoga and has spent much of her life upside down and on her hands. Her extensive knowledge as both practitioner and teacher, combined with her enthusiasm and incredibly caring nature, is sure to leave you wanting more.

BY FEBRUARY 18 - \$35

REGULAR PRICE - \$40

32 E Micheltorena St., Santa Barbara, CA 93101 805.965.6045
www.santabarbarayogacenter.com

