

Introduction to Inversions

5-week Workshop Series

Fridays at The Seed House, Chestertown, MD,
September 8 - October 13, 2017 - 9:00 - 10:30am



Get a fresh perspective on life when you look at the world upside-down. This workshop-style series is designed to introduce students to the basics of inversions, and give you the opportunity to practice going upside down in a supportive, focused environment.

Often the biggest hindrance to inverting is fear, however, this class is also for those who are comfortable inverting but would like to learn skills to refine their practice. The exploration of going upside-down or balancing on your hands has numerous benefits: it develops focus, hones coordination, requires patience and trust.



This workshop on inversions focuses on basic body alignment principles, and a foundation in safety and building up to the pose with a sense of comfort and ability. Embracing the unfamiliar is something we can take off the mat and into our lives, so come out and try something new — you just might surprise yourself!

Intermediate to advanced students with at least 2 years yoga experience are welcome, however students with issues such as glaucoma, or neck/shoulder injuries, are encouraged to contact the instructor to ensure this is an appropriate class for you.



Week 1: Sarvangasana – Shoulderstand. Known as the “Queen of Asana,” Shoulderstand is great for circulation and the thyroid. While this pose might be taught in many classes as a standard pose, proper cues for alignment, options for using props, and safe access are sometimes forgotten. This class will explore numerous options for accessing Sarvangasana safely. The class will begin with a warm up practice followed by explorations of the pose.

Week 2: Urdhva Danurasana – Wheel Pose. Full wheel pose takes strength throughout the entire body – not just a flexible back. In this class we will explore the numerous ways to access the pose using different props and assists ensuring the student has a sense of confidence to practice and access the pose properly. The class will begin with a warm up practice to prepare the body for this backbend followed by explorations of the pose.



Week 3: Adho Mukha Vrksasana – Handstand. It looks intimidating, but once you build the strength and gain the comfort, this pose becomes a staple in any practice. You will learn the progressions required to work up to a solid and safe handstand at the wall, how to perform this pose correctly, and the basic principles needed to effectively adjust your balance and posture in handstand. The class will begin with a warm up practice to prepare the body for this pose followed by explorations of the pose.

Week 4: Sirsasana & Pincha Mayurasana – Headstand & Peacock Pose. Headstand can be tough to access, especially if you have neck or shoulder issues. In this class we will explore accessing headstand, as well as “headless” headstand, where the head does not touch the floor. The forearm balance, of the Peacock Pose, is also very challenging, but can be accessed with the right props. This class will focus on practicing the poses at the wall to gain confidence, balance and proper alignment. The class will begin with a warm up practice to prepare the body for these poses followed by explorations of each pose.



Week 5: Bakasana – Crow Pose. Learn to fly in Crow Pose – a wonderful pose to add on to other inversions such as Sirsasana (Headstand). Learn to access this pose using props, before flying on your own. We will also explore moving from Crow to Headstand with confidence. The class will begin with a warm up practice to prepare the body for these poses followed by explorations of each pose.

About the Teacher: Julie Phillips-Turner, RYT, AYS

Julie has been a student of yoga since 1990, and has over 500 hours of training from meditation to asana practice in many different specialized modalities, and currently teaches in Maryland and Florida. Julie’s alignment-based style focuses on developing each student’s mindfulness through body and breath awareness, as well as using props to stabilize and prepare the body for stillness and ease in asana.



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