

YOGA INVERSIONS WORKSHOP

Turn your practice upside down! Join us for a playful and supportive workshop exploring the foundations of Headstand (Sirsasana).

**Come with curiosity and get ready to see things
from a new perspective!**



**Tuesday, Sept. 29 • 3:30-5:15 p.m.
Support Site Fitness Center**

Together, we'll break down the posture step by step, focusing on safe alignment, strength, stability and confidence. Whether you're working toward your first headstand or looking to refine your existing practice, you'll learn techniques and variations to explore the pose safely at your own level.

After the class, stay to socialize. Beverages will be available for \$4 a glass.*

*Must be at least of 18 years old to purchase or consume alcohol.
Please drink responsibly.
For more information, call 081-811-6721 / DSN 629-6721.

