

yoga  lova
for the love of it

PRESENTS

HANDSTAND & FOREARM BALANCE 101

Forrest Yoga Master Class with
Alana Brennan

FIND YOUR CENTER OF STRENGTH AND SORE TO NEW HEIGHTS

In this workshop all about handstand and forearm balance. These two poses build confidence and allow you to create a strong connection with your body. This class is great for all levels of practice, you'll walk away knowing fundamentals and replace any fears or uncertainties with a strong understanding of alignment and technique. Come ready to play and experiment the joy handstand and forearm balance can infuse into your practice.

When: Sunday 12 July 2015

Time: 9h00 - 11h30

Where: Yoga Lova, Illovo

Cost: R350



Booking is essential. Contact Nadine Hurwitz on 062 771 8106 / nadine@yoga-lova.com

www.yoga-lova.com