

# Handstand and Forearm Balance Variations



## Forrest Yoga Master Class with Alana Brennan

Find your center of strength and soar to new heights in this workshop all about variations in handstand and forearm balance. This class is great for all levels of practice. Novice practitioners will walk away knowing the fundamentals and replace any fears or uncertainties with a strong understanding of alignment and technique, while experienced practitioners will be challenged with variations on these two strength building postures. Come ready to play and experience the joy handstand and forearm balance can infuse into your practice.



25% non refundable deposit  
Nedbank Savings Account  
SD Flanagan  
Branch Code: 197204  
Acc. No 2976028907  
Bookings made to the below email address

 manager@bikramyoga.co.za  
 +27 (0)11 268 0642  
 +27 (0)82 680 2049

 thrupps illovo shopping centre  
204 oxford road, illovo  
 [www.bikramyoga.co.za](http://www.bikramyoga.co.za)

previously known as



When: Saturday, July 18,  
2015 1.00-3.30pm

Where: Yoga Experience,  
[www.bikramyoga.co.za](http://www.bikramyoga.co.za)

Cost: R350