

# ***ALIGN DEEPLY AND TRAVEL FROM OUTSIDE IN with JOAN HYMAN***

**8-9.06.2019 back in Yogaworks Lausanne**



## **Advancing in your Inversions, Saturday 8.06, 13.00-16.00, 80 CHF**

Inversions are an important part of our practice creating profound shifts within our nervous system and have many benefits including increasing vitality and energy. In this workshop, we will explore all of the inversions and break them down so it makes it easier to get up and stay up. We will learn variations and how to move into the beginnings of dropping back which helps us open our upper back and overcome fear in our practice. No need to be afraid, Joan's guidance will help you feel safe and steady in these sometimes challenging poses. All levels welcome and just the desire to go upside down is needed!

## **Backbending and Inversions from second series, Sunday 9.06, 12.00-15.00, 80 CHF**

Discover the freedom of backbending, unlock the secrets to these deep poses, and finish your practice feeling grounded and exhilarated. This will be an intense practice learning the backbends of the 2nd series and exploring the world of dropping back. This practice is for intermediate to advanced students and inversions will be included. Part asana and part lecture, we will break postures down and observe each other to gain a deeper understanding of these transformational poses in a safe and playful way.

**Joan Hyman** spent fifteen years as a distinguished YogaWorks Senior Teacher before bringing her expertise to Wanderlust as the Director of Teacher Trainings in 2016. Now, with over twenty years' experience leading retreats, trainings, and international workshops, Joan continues to travel the globe leading her own signature trainings. In addition, Joan partners with yoga schools in various corners of the world on their teacher training programs. More about Joan under [joanhyman.com](http://joanhyman.com)

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