

The Ultimate Handstand

A Three Part Workshop
with Paisley Close



Paisley is an Anusara-inspired instructor who has been teaching yoga since 2000. She loves the heart of yoga as union with all the aspects of being. Her true gift is to see the beauty in others and to lovingly encourage students to boldly expand their boundaries.

Class 1:

Foundation & focal point

Focus on hand and arm placement, core strengthening & establishing the basic form and actions of the pose.

Class 2:

Learning to kick up

Detailed shoulder alignment, increasing flexibility, using your legs to kick up and hold the pose while continuing to build strength.

Class 3:

Playing with balance

Review and practice of previously covered techniques, more options for kicking up and tools to find and hold balance.

Dates:

3 Saturdays 7/10, 7/17, and 7/24
2:00-4:00pm

Cost:

\$100 early registration by 7/3
\$120 at the door

Enrollment for this workshop will close after July 10th so students can progress together as a group.

