

Inversions Workshop

with
Shanan Harrell



Saturday
July 24th
1:30-4:30

Turn Your World Upside Down!

**BKS Iyengar has rightly said,
“One must practice asanas regularly and in case one does not have
enough time, then one should at least do the inversions.”**

Some of the Benefits are:

- Calms the brain and helps relieve stress and mild depression
- Strengthens the immune system & lungs
- Increases blood supply
- Clears adrenal glands
- Nourishes and stimulates the pituitary and pineal glands
- Refreshes the system as the circulatory system get rest from the strain of gravity

Price: \$40 (advance) or \$50 (day of)

**You can register by signing up for the workshop on our online schedule!
Or give us a call at 661.222.7777**

SHANAN HARRELL has been practicing Iyengar yoga since 1996 and teaching since 1998. She has studied with many world class teachers and travelled to India to study with the Iyengar family in 2004. Shanan has taught here at Yoga Yoga as well as the BKS Iyengar Yoga Studio of Dallas, Texas. She has recently established her own studio, Tehachapi Yoga Tribe, in her new and beloved home in Tehachapi. Shanan's enthusiasm for the practice and wicked sense of humor make classes fun for all level students.

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