

**When your world is Upside-Down
Stand on your Head!**

An Exploration of Inversions

with Jeni Winterburn **E-T-RYT500**

Using Somatic Movement Techniques To improve Body Awareness and Alignment.

Saturday

14th January 2012

2.00pm to 7.30pm

Earn 5 CEU's for RYT's

Yoga Yoga

24421 Walnut St.

Newhall CA 91321

Call 661 222 7777

www.YogaYogaonline.com

\$50 for pre registration

\$60 at the door

**Join Jeni Winterburn RYT 500 and take
a fresh look at Inversions.**

- Kinesthetic principles that govern the shoulders
- Prepare students for inversions.
- Use props effectively in shoulderstand
- Get your students upside down safely
- Be creative with your practice and your teaching.

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