

# Revive with Inversions

A 3 hr Yoga Workshop with Lynne Minton  
January 12, 2019 11 am - 2 pm

JAN.  
12

Cost: \$45  
Preregistration  
Required



8 Petals Yoga Studio  
1317 Commercial  
Suite 203  
Bellingham, WA



**The practice of inverted poses (by definition one where the head is lower than the heart) is what I credit for helping me maintain my sanity and cheerful outlook through 35 long dark winters in Alaska. Proven to help lessen anxiety, depression, and the low energy of the low light days, these postures reduce stress, build strength and balance, and enhance health and well being.**

## In this 3 hour workshop we will:

- ✓ Safely and systematically practice the 4 basic inversions from baby steps to their full expression
- ✓ Learn inversion alternatives that are accessible to everyone yet grant similar benefits
- ✓ Learn what the benefits of a regular inversion practice are on the physical, physiological and mental being

For Lynne's bio go to [www.lynneminton.com](http://www.lynneminton.com)

To Preregister, Contact Lynne  
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