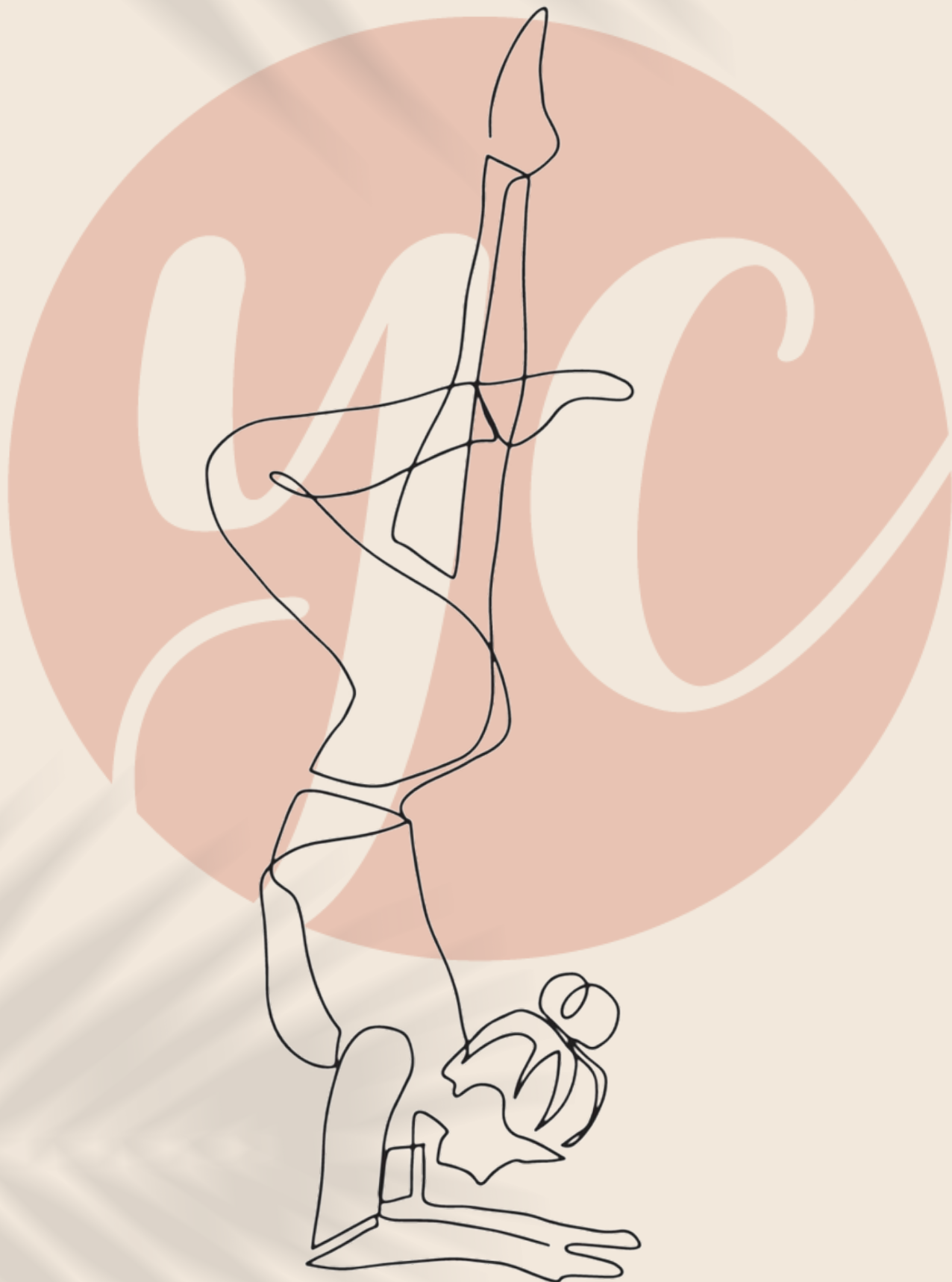




YogaCourse.com

THE ROAD TO FOREARM STANDS WORKSHOP SYLLABUS



THE ROAD TO FOREARMS

TURN YOUR PRACTICE UPSIDE DOWN AND LEARN HOW TO DO FOREARM STAND OR IN SANSKRIT, PINCHA MAYURASANA.

THIS MINI COURSE WE WILL TEACH YOU THE PROPER ALIGNMENT AND TECHNIQUE TO HELP YOU SAFELY MOVE IN AND OUT OF FOREARM STAND. PINCHA IS A CHALLENGING INVERSION WITH MANY BENEFITS SUCH AS:

- STRENGTHENS ARMS, BACK, AND SHOULDERS
- STRETCHES CHEST, NECK, AND ABDOMEN
- IMPROVES BALANCE
- RELIEVES STRESS AND LIFTS YOUR MOOD ALL TO NAME A FEW.

WE WILL GUIDE YOU INTO OPENING YOUR SHOULDERS, STRENGTHENING YOUR CORE, AND FINDING BALANCE TO MASTER FOREARM STAND WITH CONFIDENCE.

THIS COURSE IS FOR YOU IF YOU WANT TO LEARN:

- THE FOUNDATIONS OF THE POSTURE.
- UNDERSTAND THE DIFFERENT ARM METHOD AND WHICH ONE SUITS YOUR BODY
- LEARN HOW TO FALL SAFELY AND CONFIDENTLY.
- PRACTICE THE ART OF BALANCING AND CONTROLLING OUR BODY WHILE UPSIDE DOWN, USING THE WALL OR A PROP FOR ASSISTANCE.

WE WILL GIVE YOU A METHODOICAL, PROGRESSIVE APPROACH TO IMPROVING ALL THE ELEMENTS YOU NEED FOR FOREARM STAND.

LET US PROVIDE YOU WITH SKILLS, AND THE KNOWLEDGE ON HOW TO BUILD THE STRENGTH, STABILITY, AND CONFIDENCE TO TURN YOUR WORLD SAFELY UPSIDE DOWN.

YOUR INVESTMENT:

THE ROAD TO FOREARM STANDS WORKSHOP COST IS £50 (PAYMENT IN FULL ONLY)



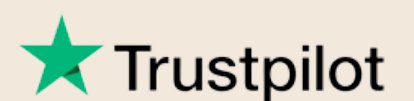
FOR ANY FURTHER INFORMATION PLEASE CONTACT US AT
INFO@YOGACOURSE.COM

TO COMPLETE YOUR REGISTRATION FOR THIS COURSE PLEASE VISIT
WWW.YOGACOURSE.COM

WE ARE HERE FOR YOU EVERY STEP OF THE WAY AND CAN'T WAIT
FOR YOU TO JOIN US ON THIS INCREDIBLE JOURNEY



The Daily Telegraph



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