

Yoga Moves
Inversion Workshop



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Instructor:	Tara
Date:	Sunday, April 15th 1:00PM – 4:00PM
Cost:	\$25
Where:	1045 9th Avenue North, St. Pete, FL 33705

This workshop is designed for ***all levels***, from those who have felt intimidated, to the more practiced. Appropriately grow and explore the many benefits of a ***safe inversion practice***. ***Put your heart above your head and open to your ultimate potential!***

- ❖ Stimulate Circulation
- ❖ Improve Posture & Balance
- ❖ Boost Brain Power
- ❖ Improve Digestion
- ❖ Age Gracefully / Reverse Gravity
- ❖ Elevate Mood
- ❖ Calm the Mind (Single-Pointed Focus)
- ❖ Change Your Perspective & Lighten Up
- ❖ Grow Confidence & Strength