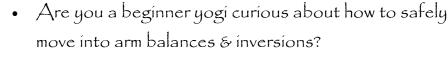
## Beginner Arm Balance/Inversion Workshop ~ with Kelly Thielbahr

## Turn Your Practice Upside Down!



- Are you a experienced practitioner and want to break it down and learn more?
- Do you have questions about alignment, or need some individual attention?
- Do you want to have fun?

Where: Sandpoint Hot Yoga

When: Feb 11th (Sun) from 1-3pm

What: 2 hour workshop will break down some of those challenging arm balances & inversions that you have always wanted to explore. Learn the proper body mechanics & alignment in a playful encouraging environment. This workshop will take your practice to new heights! Open to all Abilities!

## **Cost**: \$25

**Sign-Up:** Online through Mindbody or in person at SHY Space is limited so please sign-up and pay early.

For more information please call or visit our website at

## www.sandpointhotyoga.com

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