

# Beginner Arm Balance/Inversion Workshop

## ~ with Kelly Thielbahr

### Turn Your Practice Upside Down!



- Are you a beginner yogi curious about how to safely move into arm balances & inversions?
- Are you an 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.sandpointhyoga.com](http://www.sandpointhyoga.com)

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