

Dharma Yoga®

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DHARMA YOGA ASANA CLINIC INVERSION ESSENTIALS | THE BASICS OF TURNING UPSIDE DOWN

with Senior DY Instructor Melissa Capezzuto

Dharma East | Saturday September 10 | 5:00 - 7:15pm



Scared to attempt poses you have not done since you were 6 years old? This clinic is for you! With clear support and guidance, you will be slowly guided through the steps to proper placement that will align your body to flow into inversions easily. You will learn how to support the posture so you can maintain the pose in stillness with calm breathing. We will explore the Shoulderstand, Plough, Fish, Bridge variations, and Headstand, the King of the Poses. There will be time for questions and plenty of individual attention with an expert Certified Senior Dharma Yoga Instructor Melissa Capezzuto.

INVERSIONS...



HELP TO INCREASE FLEXIBILITY AND HEALTH OF THE SPINE



BRING HEALTHY, PURE BLOOD TO THE BRAIN, HEART, PITUITARY PINEAL, AND THYROID GLANDS



STRENGTHEN THE SHOULDERS, ARMS, AND WRISTS AND BRING BALANCE AND POISE TO THE BODY



INCREASES THINKING POWER, MENTAL CLARITY, CONFIDENCE, SHARPNESS, AND BALANCES ALL THE CHAKRAS

\$40 | PRE-REGISTER ONLINE or CALL 212.889.8160



Dharma East | 297 Third Ave | 3rd FL | 212.889.8160

WWW.DHARMAYOGACENTER.COM