



## EXPLORING INVERSIONS WITH JENNIFER BROWN

In this warm class we will discuss and practice Headstand, Handstand and Forearm Stand.

This class is geared towards students who have a strong practice and are looking to expand it by including more challenging inversions.

We'll begin by warming the body with Sun Salutations and the preparatory postures needed to build up towards our inversions.

Hands on assists will be offered.

November 20, 2011

9:30 – 10:45 am

Class Pass and Drop In Fee  
Apply



INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)

INVERSIONS SIGN UP AT  
[HTTP://SELF AWAKENING.NET](http://selfawakening.net)