

# Inversions

with Mae Adams  
**Scottsdale Studio**  
Sunday, February 24th  
12:00-2:00 P.M.



Called the king and queen poses of yoga by B.K.S. Iyengar, headstand and shoulder stands are deserving of such lofty names. Mae will guide you through shoulder alignment, neck muscle strengthening exercises, and building self-trust to find the regality of these inspiring poses.



**LOCATION: Scottsdale**

**COST: \$40/\$35 \***

\*Early registration price ends February 17th

**Register online or by phone**

**480.905.8801**

\*This workshop counts as required hours towards RYT500 certification, CEUs and prerequisites for RYT 200\*

**REFUND POLICY:** Workshops and trainings payments may be refunded with 72 hour notice, less administrative fee of \$10 per individual session. No refunds or credits for less than 72 hours notice.

