



# Inversions

"Joan's creative energy and love for the practice is evident in her teaching style which is an intense flow that strengthens the body and heightens awareness."  
~ Louise Marie Griffin



## JOAN HYMAN

august 24, 2007  
friday, 7:30-9:30pm

### center for yoga

\$35 by 8/10;  
\$45 after 8/10

- Inversions shift our perspective and make us feel more alive and balanced.
- By reversing the effects of gravity, they flood the vital organs and brain with nourishment, creating a light and agile feeling in the body while clearing and calming the mind.
- They are the most exciting part of our practice and teach the body how to stabilize by using our core muscles. These muscles promote strength and support to help us control our movement.
- Energetically, this area in our abdomen is our third chakra, which is known as our power center and can be translated into how we see ourselves in the world. When we are balanced, wellness and peace are cultivated along with greater self-esteem.
- By activating the pineal and pituitary glands they balance out hormonal imbalances due to menopause and chronic conditions such as fibromyalgia or general fatigue due to stress.
- They increase circulation and lymph drainage from the legs.
- Help keep the inner body healthy by improving digestion and elimination, also aiding in a good night sleep by quieting and soothing the nervous system.

\* **For more information about Joan please visit [www.joanhyman.com](http://www.joanhyman.com)**

Workshop policy applies. Please see web site for details.