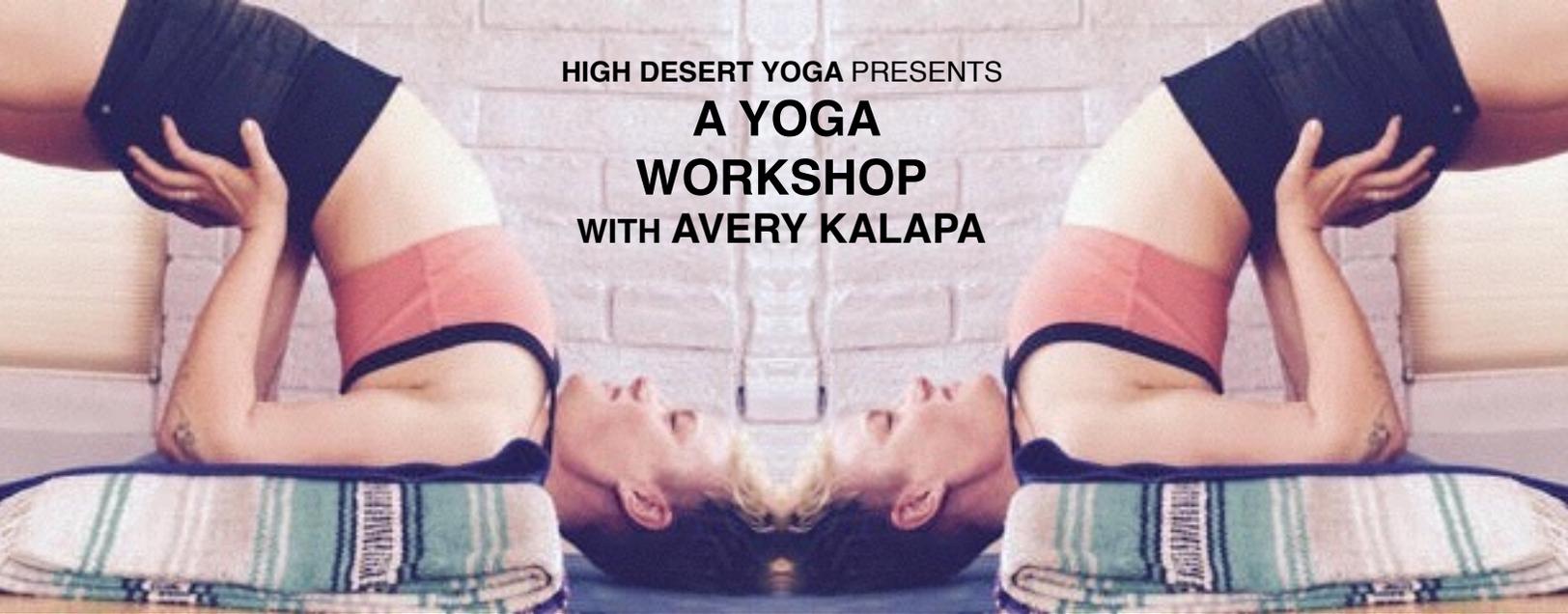


HIGH DESERT YOGA PRESENTS

**A YOGA
WORKSHOP
WITH AVERY KALAPA**



Headstand & Shoulderstand

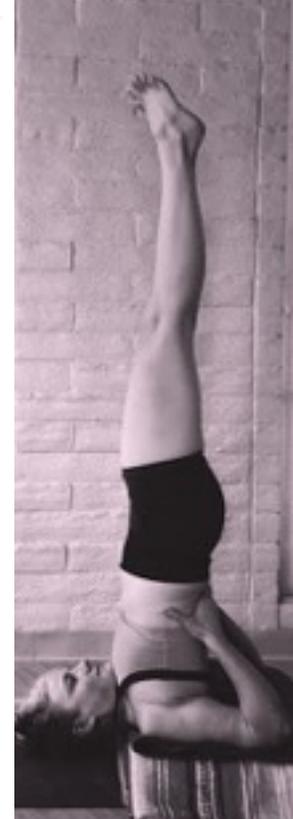
KING AND QUEEN OF ASANA



Sirsasana: (headstand) and Sarvangasana (shoulderstand) are two of the most beneficial poses yoga offers yet many students feel intimidated by these fully inverted asanas or unsure how they should be practiced safely. Join Avery as she explores how to intelligently build up to practicing these magical poses, including variations where there's no weight on the head and neck and how to advance your practice if you're already regularly enjoying inversions. We'll break down their key components to understand the building blocks of a stable inversion and spend plenty of time upside-down. When practiced properly, these poses can nourish the vital systems, build stamina, strengthen the lungs, purify the blood, improve digestion, unload the spine, boost immunity, thyroid, and parathyroid function, increase the flow of blood to the brain, improve memory and other functions of the cerebrum, increase drainage of blood and lymph, and help to move stored fluids into the core for oxygenation, filtration and elimination of toxins. BKS Iyengar calls sirasana one of the most important asanas, and that regular practice of this pose widens your spiritual horizons. Sarvangasana, "queen, or Mother, of asana," can be deeply quieting, restorative, relaxing, and rejuvenating. Prerequisite: some yoga experience, and stability in basic standing poses and downward dog. Not recommended for women on their moon cycle.

About the teacher: Avery Kalapa eRYT500 LOVES to be upside down. She discovered yoga as a teenager and holds advanced certifications in teaching yoga. She has over 2400 contact hours of study with senior teachers and has been teaching since 2004. She has travelled to India and around the US to study both advanced practices and therapeutics. Her technique is inspired by the Iyengar approach, somatic exploration, experiential anatomy, and Vipassana meditation. She loves precise attention to detail, vigorous enthusiasm, and brings a nurturing, creative reverence to her classes. She finds joy in exploring just the right approach to help her students gain access to both subtly and the empowering expansion of this work and seeks ways for yoga practice to be a tool for social justice as well as inner freedom and healing.

Avery teaches classes, private sessions, workshops, and retreats; learn more at averykalapa.com and facebook at Yoga with Avery.



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SATURDAY, JULY 29TH 2:30-5:30 PM