

Rescheduled

MAYA Continuing Education Class

Teaching Full-Arm Balance (Hand Stand) *with Rocky Delaplaine*

Downward Facing Tree pose (Adho Mukha Vrksasana) requires strong arms, flexible wrists and hamstring muscles, fluid hips, awareness of the abdominal muscles and a willingness to go into the unknowns. It brings grace and fearlessness to the yoga practitioner. Many students have difficulty with this pose, or fear even trying it. In this workshop we will break the pose down into its constituent parts, to better see where a student may be having difficulty. We will take a look at students' fears of this pose (what the Iyengars call the "fear complex"), and learn strategies for overcoming those fears, and how to assist students in and out of the pose. Your students will learn to see the world from the vantage of "upside-down trees".



When: Sunday, May 6, 3-5:30 p.m.

Where: Unity Woods Yoga Studio

4853 Cordell Ave., Suite PH7, Bethesda, MD

Cost: Cost: \$40 (MAYA members), \$50 (non-members).

This workshop qualifies for Continuing Education Contact Hours with Yoga Alliance.

To register, email Margaret Townsend at Yoga.With.Margaret@gmail.com and forward your check in the proper amount payable to MAYA to Margaret at The River's Edge Center, 300 Montgomery St., Suite 201, Alexandria, VA, 22314. Be sure to put "Teaching Full-Arm Balance" in the memo line of your check.