

Invigorating Inversions

with Allison Wilmes E-RYT

Presented by *avani yoga*

& Highland Park Hospital Health and Fitness Center

Thursdays from 6:30pm-8pm February 2012

Put aside your fears and invigorate your practice with inversions!

Inversions include multiple benefits such as reversing the effects of gravity on the body, balancing your neuro-endocrine system, stimulating blood flow to the brain and energizing your body. Inversions have even been shown to heal rotator cuff injuries! But, inversions can also be scary and unsettling, not to mention potentially injurious, if done improperly. Learn how to align yourself safely in inversions, and learn modifications and variations that can either lead you toward the classical position or spice up your established practice.

Even beginning students can benefit from safe inversions. Each class will build up to one or two classical inversions. Even if the classical position cannot be achieved, students will practice other poses with similar benefits.

February 2nd: Handstand/Adho Mukha Vrksasana

February 9th: Shoulderstand and Plow/Sarvangasana, & Halasana

February 16th: Headstand/Sirsasana

February 23rd: Elbow Balance/Pincha Mayurasana



Your Presenter: Allison Wilmes E-RYT

Allison teaches Iyengar inspired hatha yoga which focuses on safe alignment, modifying poses for student's needs, and the use of props to both support and challenge students. She has apprenticed in therapeutic applications of Iyengar yoga with Gabriel Halpern at Yoga Circle in Chicago since 2006. She is a member of the International Association of Yoga Therapists. Allison is pursuing a "Yoga as Therapy" certification through Doug Keller's Swatantrya therapeutic yoga program.

Allison is known for the care and attention she gives each student, her sense of humor, and for encouraging students to grow in all areas of their lives.

Pre-Registration is required: To register call (847) 229-0292 or visit the front desk

Fee Per Class: \$20 or \$80 for all classes

For additional information please contact Nickie Silk at Nsilk@powerwellness.com
Avani Yoga is located inside the Highland Park Hospital Health and Fitness Center
1501 Busch Parkway, Buffalo Grove, IL 60089