

## **INTRO [10 minutes]**

Our intros

Everyone say their names

## **GOALS [25 mins with projector]**

The Subject: inversions,

Workshop Expectations:

Drills vs doing the work day after day

Demo of Vinyasa transitions as inversion building

Crow fundamentals

Core Engagement (Mula Bandha + uddiyana)

Visualization + Fear + Belief

Refinement

## **FLOW [45 MINS]**

Targeted

Non-exhaustive

Core + shoulders/arms + wrists

- WRIST MOBILITY AND STABILITY
- Finger position

Standing Flow Foundations (SURYA - donkey kicks -) WIII, STANDING SPLITS, HIGH LUNGE, LIZARD, ARM VARIATIONS) WIDE LEG FORWARD FOLD, lean in lift heels, tripod headstand, DOLPHIN/PUSHUPS,

## **AT THE WALL [1.15 mins, aka 2:45 PM?]**

### **HEADSTAND**

**PINCHA MAYURASANA (5 mins at the wall)**

## **HANDSTAND[HOURLY PLUS]**

- Resisting "Hop and hope"
- Entry on Exhale -- pelvic floor naturally engages
- Understand the role of muscle vs Bone
- Symmetry, relinquishing bad habits in favouring one side

## **FALLING OUT OF HANDSTAND**

- Zander + Krystina demos
- Overcoming fear



## **DRILLS:**

- SOCKS CORE
- PARTNER LEG LIFT x2
- L-STAND AT WALL w/ partner
  
- KICKING TO THE WALL (CLOSE)
- DONKEY KICKS
- ONE LEGGED DONKEY KICKS

## **CHILL OUT FLOW**

### **HANDSTAND PRESS**

- PRESS WITH BOLSTER

### **HANDSTAND VARIATIONS**

TREE POSE HANDSTAND

RIGHT ANGLE LEG

### **THE WIND-DOWN**

Wrist stretches

Shoulder stretches

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