

Inversions workshop with Kerry Reinking

Sunday 15th of March 10:00 – 13:00

BKS Iyengar considered Sirsasana and Sarvangasana to be the centrepieces of yoga asana practice. He wrote that 30 minutes a day of inversions is the key to longevity! They offer enormous physiological benefits boosting circulation, respiration, the nervous and glandular systems.

In this workshop Kerry will teach you how to prepare for these postures with a strong foundation and access them with modifications and the intelligent use of props. During the workshop you will have the opportunity to deepen your knowledge of the benefits of headstand and shoulderstand as well as other "inversions" where the heart is positioned above the head.

(Women on their periods are also invited to attend to learn which variations are possible during this time).

About Kerry Reinking:

Through his work as a portrait photographer and Iyengar Yoga teacher, Kerry knows how to balance art and technique. "My Job is to help my students discover their own body's intelligence, and inspire them to build a strong and solid body and mind." Kerry incorporates 15 years yoga experience to guide his students to create a positive change to their life.

Cost: € 35 – prepaid registration essential