



# INVERSION STRENGTH

MASTER CLASS  
SERIES

## *INVERSION STRENGTH*

***WHAT IS THAT?***

*{CLICK LINK TO LEARN MORE}*

*This Comprehensive  
Elite Yoga Fitness*

*Program Is Designed For  
Those Who Want To  
**Erase The Fear**  
Of Being Upside Down*

*I Promise  
**A Highly Informed &  
Skillful Approach**  
Towards Practicing  
Arm Balances*

*My Guiding Principle Is*

*Master The Awareness  
Of Inverting In Your Nervous  
System Before Going  
Upside Down*

*One Of My Most Important  
Measures Of Success Is  
Enhancing Focus  
While Releasing All  
Limitations Hidden  
Within The Body*

***WHEN ARE THE  
INVERSION STRENGTH  
MASTER CLASSES HELD  
THIS MONTH?***

***Saturday's***

***November 5th***

***November 12th***

***November 19th***

***12:00pm***

***WHERE WILL WE MEET?***

*We Will Meet*

**AT MY PRIVATE**  
**BOUTIQUE STUDIOS**

*Located 226 East 89th St*

*1st Floor Suite #1*

*(Upper Eastside Manhattan*

*Between 2nd & 3rd Ave)*

*The Private Master Classes  
Will Run 75 Minutes & I am  
Happy To Provide Mats & All  
Relevant Equipment.*