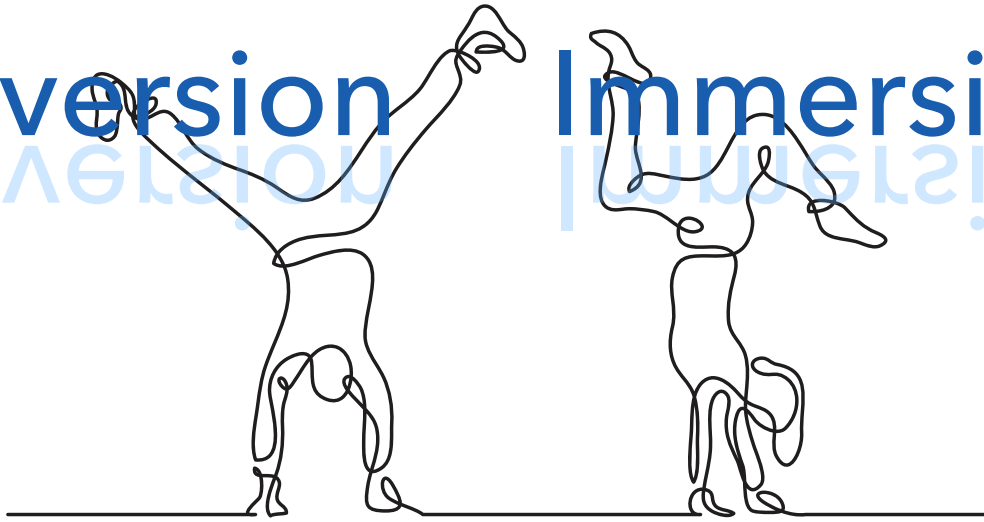


Inversion Immersion



3 Day Immersion with Anneriek & Joao 12 - 14 April 2019

The only thing you sometimes have control over is perspective.

You don't have control over your situation. But you have a choice about how you view it.

~Chris Pine

Learning to invert the body can be a joyous and fun experience. There are many small steps that we can take towards the full expression of these postures. With a little daily effort, over time, you will float effortlessly in and out of these liberating asanas. In this exciting 3 day immersion Anneriek and Joao will take you on an exciting journey to go upside down.

This immersion will take you through inversion anatomy, strength, flexibility and release practices to support you on your inversion journey. We'll be exploring various inverted poses including handstands, forearm balances, headstands and we'll be working both supported (by the wall) and unsupported (middle of the room).

Even though participants are encouraged to explore new levels, we will make sure every participant will work at his/her own ability.

Where

Anneriek's beautiful property in Cattai, NSW.

Program

Friday 5PM start,
Sunday 4PM finish.

Cost

\$500 twin share.
\$400 triple share.
\$350 camping.
Book with a friend and both receive \$50 off.

Breakfast, lunch, dinner, morning and afternoon tea included.

Experience?

Some yoga experience is recommended.

Questions?

Contact Anneriek on
0439 886 185 or
anneriek@yoga4you.com.au
www.yoga4you.com.au



About the Immersion

Mastering inversions is the antidote to fear, weakness, imbalanced hormones, anxiety and depression. Inverting the body regulates the nervous system and the endocrine system. At first these postures may appear to be stressful but once mastered they hold the key to a quick transformation from stressed out to mellowed out.

Anneriek and Joao welcome people into Anneriek's beautiful home, which creates a trusting and open environment to share and explore the themes of the immersion. Group size is kept to a limited number.

This immersion includes:

- ▶ Yoga Flow and Yin Yoga practices
- ▶ Inversion workshops
- ▶ Morning Meditation, Roll & Release & Kirtan
- ▶ Delicious vegetarian breakfast, lunch and dinner, drinks and snacks. All freshly made for you.
- ▶ A beautiful yoga shala and accommodation surrounded by a peaceful and quiet valley

This immersion is **suitable for all levels of yoga experience** as long as you have a willingness to explore inversed poses in the practice.

Booking

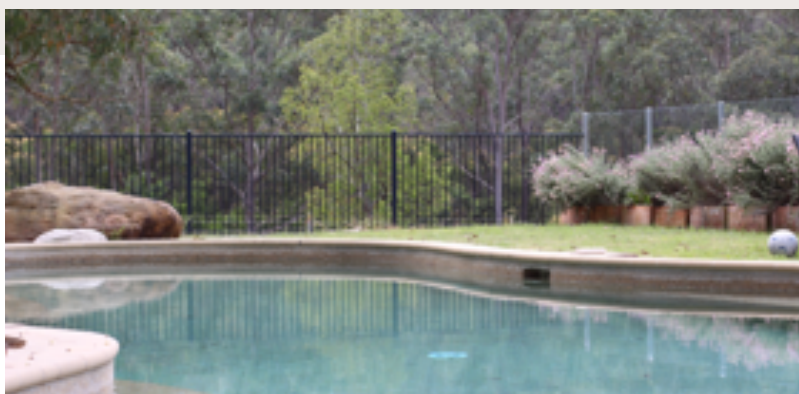
A non refundable \$100 deposit is required to secure your spot. Payment in full to be made 30 days before the start of the immersion.

Payments can be made via cash, bank transfer or secure credit card payment. Paypal booking available online at www.yoga4you.online. Payment plans can be organised.

Bank details:

- ▶ Commonwealth Bank Windsor
- ▶ Account name: Johanna Favelle
- ▶ BSB: 062 622
- ▶ Account no: 10409912

Please put "Invert" + your full name as reference



Joao

Joao's passion for arm balances and inverted poses has led him to develop his own practice with slow movements, concentration and precision. His classes focus on Peak Pose sequencing, where, through progressive sequences, we prepare the body and mind to achieve those more challenging poses.

Joao has been a student and teacher of Yoga for over 11 years. His Yogic journey has taken him into Karma, Bhakti and Raja Yoga, focusing in Ashtanga, Vinyasa and Yin Yoga. Over the years Joao trained and learned from renowned Yoga teachers around Australia and the Globe.



Anneriek

Anneriek has a contagious love for inverted poses and her extensive knowledge, enthusiasm and trust will help you to overcome your fears and will help you to find the joy of being upside down.

Anneriek has studied yoga traditions for nearly 2 decades and is a Senior Yoga Teacher with experience in multiple yoga disciplines, including Prana Flow, Yin, Asthanga and Vinyasa. She has a unique ability to allow you to embody the flow of the yoga practice, connecting to your inner power with fluidity.