



Source Yoga Presents:

Turn your view upside down

Inversion Workshop With guest teacher
Theresa Elliott

Sat, November 1st, 2008 1-6pm

Please join master teacher Theresa Elliott for a fun inversion workshop. This is for those who have never gone upside down to others who want to refine skills. Learn preparatory postures, safe approaches and alignment for standing on your head, hands and shoulders.

Theresa Elliott began her study of yoga in 1987 after years of study in music and dance. She became a certified Iyengar teacher in 1990 and has gone on to establish herself as a nationally recognized practitioner and teacher of yoga. Theresa is noted for her instruction in core work, unique movement patterns and sense of humor. She is featured in the book *30 Essential Poses: For Beginning Students and Their Teachers* by Judith Lasater and wrote and produced the video, *Stillness in Motion, Yoga Vinyasa*. She lives in Seattle, is Director of Taj Yoga and Co-Director of Pacific Yoga Teacher Training.



sourceyoga
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Date:

November 1st, 2008

Time: 1-6PM

Cost: \$80

*Pre-register online or
at the studio*