

Good morning.

This message is in regard to the Inversion and Arm Balance weekend workshop Feb. 12-13, 2022 with James Burton. To prepare for the module please complete the following.

1. Look up each pose from the list below in your copy of Light on Yoga. Reference the page number for each pose and write the english translation. I have a worksheet attached to print out and bring complete.
2. Attend the Wednesday 5:30 PM Advanced Yoga class with James. If Wednesday is unavailable, please attend either the Monday 5:30PM or Saturday 9 AM. The more you can begin to practice with James prior to the module, the better. Please attend at least one class prior to the weekend. For those who live out of town and are unable to attend please focus on practicing the foundations of the poses at home.

Thank you so much. I'll be sending out a welcome letter with an agenda attached next week. The flow of the weekend will be slightly different than the previous module.

- Salamba Sirsasana
- Adho Mukha Vrksasana
- Pincha Mayrasana
- Salamba Sarvangasana I
- Halasana
- Parsva Halasana
- Karnapidasana
- Parsva Karnapidasana
- Supta Konasana
- Eka Pada Sarvangasana
- Parsva Sirsasana
- Parivrttaikapada Sirsasana
- Eka Pada Sirasaana
- Parsvaikapada Sirsasana
- Salamba Sarvangasana II
- Eka Hasta Bhujasana
- Lolasana