

FLOW IT LIKE YOU KNOW IT & FLIGHT FUNDAMENTALS WORKSHOP



SEPTEMBER 23 & 24

1:00 P.M. TO 3:00 P.M.

REGISTRATION FOR ONE DAY: \$30.00

REGISTRATION FOR BOTH DAYS: \$50.00

CINDY LUNSFORD

CINDY IS THE FORMER OWNER OF FOUR HOT YOGA STUDIOS IN UPSTATE NEW YORK. SHE IS A CERTIFIED BIKRAM, YIN YOGA AND LEVEL II/III BARKAN VINYASA TEACHER. SHE ALSO COMPLETED ANA FORREST'S ADVANCED YOGA TRAINING AS WELL AS BAPTISTE'S ART OF ASSISTING AND ADVANCED ART OF ASSISTING TRAININGS. CINDY HAS COMPLETED HER 500 HOURS WITH BOTH JIMMY BARKAN AND ROLF GATES. FOR FIVE YEARS, CINDY ASSISTED JIMMY BARKAN AT HIS LEVEL II/III VINYASA TEACHER TRAININGS. SHE CURRENTLY LEADS 200 HOUR YOGA ALLIANCE CERTIFIED VINYASA TEACHER TRAININGS. CINDY IS ALSO PROUD TO BE AN AFRICA YOGA AMBASSADOR. SHE NOW LIVES IN NASHVILLE, TENNESSEE WHERE SHE IS IN THE PROCESS OF OPENING A STUDIO AND TEACHES AT OTHER LOCAL STUDIOS.



KNOW YOUR FLOW! IN THIS 2 HOUR WORKSHOP WE WILL EXPLORE THE FOUNDATIONS OF A VINYASA YOGA CLASS, FROM ALIGNMENT PRINCIPLES TO STRENGTH FUNDAMENTALS THAT WILL ASSIST STUDENTS IN PROGRESSING TOWARDS ARM BALANCES AND INVERSIONS. STUDENTS WILL LEARN HOW TO TRANSITION WITH GRACE, ADDING BOTH MODIFICATIONS AND VARIATIONS WHERE DESIRED. STUDENTS WILL ALSO LEARN HOW TO DO THE MOST COMMON AND REPETITIVE MOVEMENTS OF A VINYASA CLASS CORRECTLY TO ELIMINATE THE RISK OF INJURY. WHILE THIS WORKSHOP WILL BE THE BEST WAY FOR A NEW STUDENT TO CREATE GOOD HABITS IN THEIR PRACTICE, IT WILL ALSO INFORM MORE EXPERIENCED STUDENTS WHERE THEY HAVE DEVELOPED BAD HABITS IN THEIRS TOO.

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A woman with blonde hair, wearing a blue sports bra and dark leggings, is performing a yoga inversion (headstand) on a dark stone ledge. She is smiling and looking towards the camera. The background consists of lush green trees with some autumn-colored leaves, suggesting an outdoor setting.

FLIGHT FUNDAMENTALS WORKSHOP

CINDY LUNSFORD

THIS 2 HOUR UPLIFTING WORKSHOP WILL HELP YOU DISCOVER HOW TO TURN YOUR PRACTICE UPSIDE DOWN. THE WORKSHOP WILL BEGIN WITH A BRIEF DISCUSSION OF INVERSION AND ARM BALANCE FUNDAMENTALS, FOLLOWED BY SOME STRENGTH BUILDING AND PREP DRILLS TO REINFORCE THE FUNDAMENTALS, AND THEN STUDENTS WILL BEGIN TO TEST THEIR SKILLS WITH SEVERAL ARM BALANCES AND TRANSITIONS. THIS WORKSHOP WILL PROVIDE STUDENTS WITH THE CONFIDENCE AND TOOLS TO INCORPORATE INVERSIONS AND ARM BALANCES INTO THEIR DAILY YOGA PRACTICE.

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