DEFEATING FEAR IN ARM BALANCES GEORGE KOSMITIS

MARCH 2 • LAGUNA BEACH SATURDAY • 1:30-4:30PM

Work from the inside out to learn control using the core in arm balances. Balance your strength with flexibility to find the sweet spot in arm balances, by first learning to drive the mind.

The first hour of this 3 hour workshop will consist of a strong Vinyasa practice to prepare the body for various inversions. Afterwards, George will break down arm balances in a fun and playful way.

This class is geared toward regular practitioners, but no arm balance experience is necessary.





George Kosmitis is a 500 hour YogaWorks certified teacher as well as TRX & SculptWorks certified. "Not a man to do anything halfway – or even 99% - Kosmitis spent the first part of his adult life pounding heavy weights and stressing hard as an equities trader. Then he found yoga – and went for it 110% as well." Coast Magazine – June 2011.

\$45 EARLY • **\$55** DAY OF TO REGISTER VISIT **YOGAWORKS.COM** OR CALL 949.415.0955

