



Ashtanga Vinyasa Yoga 2nd Half Primary Series

(Navasana > Inversions > Closing Sequence)

Dates: 12, 19 & 26 Aug (3 Sundays)
Fees: \$1,200 early bird before July 31

Time: 10:30-12:30 (2hrs)
Drop-in: \$450

Requirements:

1. A regular Primary Series practice up to Navasana
2. A consistent practice of shoulderstand and headstand with an experienced teacher

Navasana is often defined as the cutting edge of the Primary Series, hence the so-called "Half Primary" which is what practitioners choose to go up to if they are still "learning" the Ashtanga system. That does not indicate that asanas beyond Navasana are unapproachable for a lot of us.

Due to also the pressure of time in our self-practice or Led classes, these postures are somehow scarcely touched upon and hence become strangers.

Shoulderstand and headstand are called the Queen and King of Asana because of their benefits and not to mention the postural intricacy towards a safe place to be upside down. Being scared and uncertain is not uncommon. Sit with these emotions and tackle it closely to go beyond your ken. Let's dig in!