



# Aversion to Inversions

with **Jim Coughlin, E-RYT-200**

Sunday, June 26, 2011; 1:00–4:00pm  
Fee: \$45 Early Registration before June 19  
\$55 Regular Registration after June 19

*Learn how to experience freedom peace and joy in practicing inversions.* This workshop will focus on handstand, shoulderstand and headstand. Variations and many alternates with props will be given.



In 1967, at the age of 11 years old, **Jim Coughlin** was handed a first edition copy of BKS Iyengar's *Light on Yoga* and was told "You need to learn this!" He was taught Sirsasana (headstand) that same day. Jim practiced yoga sporadically in the 70's and 80's while competing as a long-distance runner and competitive skier.

In 1993 after major back surgery Jim started practicing yoga in earnest. In 2005 he travelled to India and met his current teacher - H.S. Arun, an Advanced Certified Iyengar Instructor and a devoted student of BKS Iyengar. Jim has travelled to India over 12 times to study yoga with Sri Arunji.

Jim is an Experienced Register Yoga Teacher (E-RYT) with Yoga Alliance at the 200-hour level. He teaches at Downtown Yoga in Pleasanton, California and maintains a daily yoga practice.

The Yoga & Movement Center  
1379 Locust Street  
Walnut Creek, CA 94596

www.yoga-movement.com  
925-938-9642

## REGISTRATION FORM

Please register \_\_\_\_\_ person(s) for *Aversion to Inversions*

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Check Enclosed \$ \_\_\_\_\_  Credit Card Visa or Mastercard

Card # \_\_\_\_\_ Exp Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Make checks payable to: The Yoga & Movement Center, 1379 Locust St., Walnut Creek, CA 94596  
Cancellation Policy: Minimum 7 days notice prior to workshop date, a refund less \$10 handling fee will be given. No refund for cancellations received less than 7 days prior to workshop.