



5917 Airport Way South
Seattle, WA 98108
yogasmithseattle.com



INTRODUCTION TO INVERSIONS

A one day workshop with Todd Eric Skoglund at Yogasmith

July, 20th, 2013
2-4:30pm

\$30/early bird registration, \$35 if registered after July 1st



Connect your core strength to your arms and take flight! Move past the “throw and catch” method of inversions to proper alignment and efficient use of strength. You will learn to change the lines of tension through your muscles to properly align for inversion postures. Whether you’re working on slowly piking up into a handstand or you are just starting to get your feet off the ground. Through correct preparation and mindset, you’ll float up off the floor rather than muscling your way up, learning the secrets for weightless and effortless flight!

To sign up or for more information please contact. Joel Benjamin at joelb@yogasmithseattle.com



ABOUT TODD ERIC SKOGLUND

Todd fell in love with the practice of yoga for its ability to ground him in the present moment, uniting his internal world with external experience, and he feels incredibly fortunate to be able to share this with my students.

Todd’s teaching focuses on moving from one’s center with intelligent core building through fun and creative sequencing, longer holds, and arm balancing postures. He encourages transitioning with grace and control from one posture to the next to develop whole-body core strength, stable alignment, coordination and a greater range of controlled motion. Each class is taught with light-hearted purpose and with great respect for his students’ health and safety.

Todd does not practice or teach any one “style” of yoga. Instead, he tries to filter all of his various influences: Ashtanga, Iyengar, Forrest, Vinyasa, Shadow, Budokon, Aikido, Hand Balancing, Capoeira, Jujitsu, Eastern Philosophy and Meditation, through his own practice and exploration. Todd offers a huge thanks to all of his teachers who have inspired his practice; Ana Forrest, Glen Black, David Vendetti, Shandor Remete, Cameron Shayne, David Magone, David Regelin, Brock & Krista Cahill, and too many more to name.

Todd co-owns South Boston Yoga, where he teaches the advanced asana program and co-directs teacher trainings. He teaches workshops around the US and abroad. Todd was a 2009 and 2012 Boston Lululemon Ambassador for Yoga.