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# **Arm Balancing Workshops**

**w/ Kyle Weiger**



# Arm Balancing Workshop 1

## Two Crows & a Crane | 20 min

This is the first video in our series of Arm Balance Workshops hosted by Kyle Weiger. This class focuses on the fundamental arm balances of Crow, Side Crow, and Crane.

This class is meant to build solid foundations and show you that you are stronger than you think! Follow Kyle through a strategic wrist and shoulder prep routine that sets you up for success in your arm balance practice!



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# Arm Balancing Workshop 2

## Hurdle & 8 Angle Pose | 25 min



This second workshop with Kyle introduces two really fun arm balances that also incorporate the opening in the hips - Hurdle and 8-Angle Pose! The wrist and shoulder prep sequence is coupled with some great stretches for the hips and hamstrings and Kyle will demonstrate how to use your hips (your center of gravity) to maintain balance in these fun and invigorating poses!



## Arm Balancing Workshop 3

### Peacock | 25 min

Peacock is an awesome pose for building core strength, and it's the focus of our third video in the Arm Balance Workshop series. Here, Kyle shows you a few different variations of the pose from beginner to advanced. This one may make you feel like a breakdancer, so get out your 1980's track suit and boombox....and have fun!



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## Arm Balancing Workshop 4

### Headstands & Headbands | 25 min



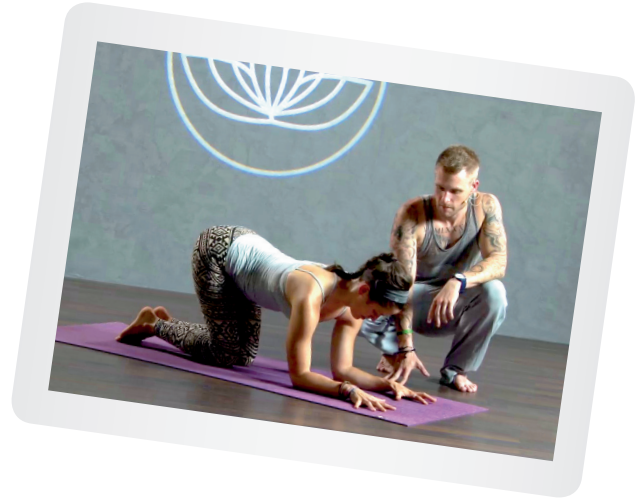
Headstand is the definition of a true inversion, where the body stacks completely vertical, with all your core muscles firing to support your posture. In this 4th class of our arm balancing workshop series, you'll follow Kyle through two different variations of headstand, tripod and supported headstand to find which one you like best. Turning your body upside down is so invigorating, so put down the coffee and give this one a try in the mornings!



## Arm Balancing Workshop 5

### Forearm Stand | 25 min

If you've ever wondered what to do with your arms to create a strong forearm stand, this is the class for you. Kyle starts with the traditional shoulder and wrist prep, and then works into the foundations for creating a strong Pincha Mayurasana. Move slowly, pay attention to your body, but most of all, have fun!!



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## Arm Balancing Workshop 6

### Handstands | 30 min



This is it - the infamous handstand! It's Kyle's final installment in the Arm Balancing Workshop series and you'll love the progressions from getting a little hang-time to a lot as you have fun seeing the world from another perspective.

