

M Hi, I'm Victoria Tori Kappen and I'd like to invite you to join me in my class series. Enliven your back bends. If going up, backwards and upside down is what you dream of doing, but you just haven't been able to do it, this series of classes is for you.

We start at the very beginning and build foundational skills that you need to be able to do to be able to prepare your body to get into the positions of a back bend, but the areas you need to stretch and the areas you need to strengthen. Then we complete the class series with an advanced mat where you can try out your new skills and see how far you've come.

I look forward to seeing you upside down on the mat in a backbend.