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Brush up, brush down;  
one foot in front of  
the other, turn left  
at the postbox; inhale  
reach up, exhale hands  
to Namaste. To take an  
example, if we were to  
compare a 17-year-old  
with a 45-year-old's  
ability to shave, the  
45-year-old may well  
have the edge with  
30-odd years of

shaving beneath his  
belt.

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illustrated travel companion on  
your journey to a safe and  
successful inversion practice. It  
is fun, frustrating, wildly joyful,  
unashamedly geeky and a little  
bit swears. Much like

handstands themselves.

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TIME: TALES OF SIDDHIS**

## By Phillip J ...

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