HANDSTAND WORKSHOP

Gravity laboratory

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4 Week Course — Friday's 6-7pm
Commencing: 8 November 2019

$95
inclusive of Taxes

Want to experience the health and fitness benefits of handstands?

Not sure if you're doing it right?

Never tried a handstand before but would love to?

This 8 week course is for anyone who wants to develop an independent handstand practice.

During the course we will break down the fundamental aspects of handstands through strength drills, joint preparation and alignment and full body activation in addition to learning how to develop the upper body strength, core strength and flexibility required to balance on our hands.

We will be using props, partners, tips and tricks to find that magical upside down balance point. Participants will build confidence while getting introduced to many playful variations of handstand.

No previous experience is required, the workshop is suitable for all as various approaches/progressions can be applied to accommodate different levels of ability. The goal of the course is to have all participants holding a strict form handstand.