

Handstand Workshop

GET UP AND STAY UP

Suitable for men and women of all
levels with FREEDOM2FLYDA



Ever wanted to hold a glorious handstand?

THIS WORKSHOP IS FOR YOU!

- **Suitable for ALL LEVELS & AGES**
- **Handstand specific Conditioning exercises to take away with you**
- **Build Strength, flexibility & stamina**
- **Full group warmup and cool down**
- **Fun, safe and friendly atmosphere**

Getting your very first handstand/ one handed handstand is closer than you may think. Freedom2fly is on a mission to help people realise their personal goals of getting a solid handstand -getting it up-and keeping it up. Thats what counts, after all!

Industry experts Jess and Jair are touring NZ sharing their love of all things acro whether that be ground based or airborne. With a positive mental attitude and a fun sense of humour they share personal tricks of the trade which enable people from all walks of life to go as far as they can in a safe, friendly and fun environment and more often than not students surprise themselves with how far they can actually go!

The beauty of working towards a handstand is you are forced to focus on all aspects of your general bodys' wellbeing. Flexibility, strength and stamina all come into play when you start on your journey to that very attainable handstand. Patience, perseverance, persistence and surrounding yourself with others who surprisingly want the same thing will get you closer than you ever thought possible!

Contact us for more information or to book a handstand workshop near you!!! DANCINGAIRBORNE@GMAIL.COM

HANDSTAND WORKSHOP

@RAGLAN- THE SPACE YOGA STUDIO



WHATS INCLUDED:

*2 hour Handstand workshop

- Full guided group warmup/stretching
- Core training/conditioning (solo and in pairs)
- Inverting foundations (Headstands/handstands)
- Stretching and Cool down

And if theres time...

- Intro to duo acro balance

HANDSTANDWORKSHOP



@FITGYMCAMBRIDGE

WHAT DOES IT COST:

*\$35 per person if booked and paid in full before the day or \$45 if paid on the day.

HOW MANY PEOPLE:

*minimum of 13 people and maximum of 20

For more information or to book a handstand workshop ASAP near you please contact us DANCINGAIRBORNE@GMAIL.COM 022 514 1766