

HAND STAND

WORKSHOP

12.10-13.10
2024

ANNALANAH

BEGINNER /INTERMEDIATE

SATURDAY/SUNDAY

10:00-12:30

ADVANCED/INTERMEDIATE

SATURDAY/SUNDAY

14:00-16:30

Adresse

Fabrik 11
Ringstrasse 20
8600 Dübendorf

Preis

190.- Two Day Pass
119.- One Day Pass





Handstand beginner Workshop: Wall to freestanding

No Prerequisites

Alignment work
Falling/bailing safely
How to systematically learn to balance
How to kick-up
Depending on the level of the group: Introduction to other basic shapes (Tuck, Straddle)



Intermediate/Advanced Workshop: Shapes, Flows and Press up

Prerequisites: Consistent Freestanding Handstand for 10 second

Basic Shapes and Transitions
Leg coordinations and flows
Handstand entries
Pike handstand and Press to handstand
Depending on the level of the group: Bending / or twisting

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MOVE * WORK * LIFE



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