



YogaCourse.com

DRILLS FOR HANDSTAND WORKSHOP SYLLABUS



DRILLS FOR HANDSTAND

ASCEND TO NEW LEVELS WITH THESE EXPERT HANDSTAND TIPS AND DRILLS FROM RACHEL PARK, THE FOUNDER AND MASTER YOGA TEACHER.

THIS COURSE IS OPEN TO ALL LEVELS, WHETHER YOU ARE JUST BEGINNING YOUR HANDSTAND JOURNEY, OR YOU ALREADY HAVE A HANDSTAND PRACTICE. YOU WILL LEARN HOW TO CREATE A SOLID FOUNDATION ON HOW TO SET UP YOUR HANDSTAND, AS WELL AS TIPS, MOVEMENTS, AND DRILLS ON HOW TO REFINE YOUR HANDSTAND SKILL. THIS MINI COURSE IS A WORKSHOP STYLE COURSE.

RACHEL WILL HELP YOU BUILD STRENGTH, ELEGANCE, AND CONTROL AS YOU MOVE THROUGH THE HANDSTAND WORKSHOP STEP BY STEP.

IN THIS MINI COURSE, YOU WILL:

- 1. LEARN THE TECHNIQUES TO ACHIEVE HANDSTAND**
- 2. BUILD STRENGTH, MOBILITY, AND BODY AWARENESS**
- 3. HOW TO WORK WITH FEAR AND DIRECT IT INTO BUILDING SELF-BELIEF**

HANDSTANDING IS NOT ABOUT PERFECTION — IT'S ABOUT OVERCOMING YOUR FEARS AND GOING UPSIDE DOWN WITH CONFIDENCE.

YOUR INVESTMENT:

THE DRILLS FOR HANDSTAND WORKSHOP COST IS £50 (PAYMENT IN FULL ONLY)



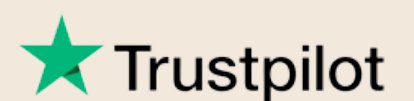
FOR ANY FURTHER INFORMATION PLEASE CONTACT US AT
INFO@YOGACOURSE.COM

TO COMPLETE YOUR REGISTRATION FOR THIS COURSE PLEASE VISIT
WWW.YOGACOURSE.COM

WE ARE HERE FOR YOU EVERY STEP OF THE WAY AND CAN'T WAIT
FOR YOU TO JOIN US ON THIS INCREDIBLE JOURNEY



The Daily Telegraph



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