



## Flight Club - 7 Steps to Handstanding - Workshop

Handstands, Armbalances and Inversions connect us to our childlike nature and at the same time to our deepest fears of falling uncontrolled.

The essence of both is self-confidence. The perception for the body in space is sharpened immensely and the ability for concentration heightened. Practicing handstanding means learning how to fall and land on the feet again. This experience can be of good use in any life situation.

Without a question it is a great challenge to master the handstand. This workshop will give you some smaller and bigger tips and tricks as well as many practices, to meet this challenge with self confidence and fun, so with time and practice you will master it.

The "7 Steps into Handstanding Program" has evolved over many years. You will approach the Handstand in seven progressive steps, from preparatory practices, via theoretical understanding of the applying dynamics into the actual practice of different ways to get up on your hands. Each of these steps can be included into your daily practice. So there are no excuses anymore why you shouldn't be walking on your hands in and out of the yoga shala...

Apart of that effective techniques to decompress the wrists will be shown, hence pain doesn't have a chance from the beginning.

And to put the cherry on the cake - everybody will get a shoulder and back massage at the end of the workshop

A detailed script with all the steps and practices is being sent to the every participant.

Duration: 3 hrs.

Requirements: The practices are helpful for yogis, acroyogis and everybody enjoying working with the body. Previous knowledge in yoga asana is helpful. But even if one doesn't have a lot of experience yet with armbalances, there are numerous exercises that help to understand the necessary dynamics better for every level of physical practice.

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