

CONTORTION AND HANDSTAND WORKSHOPS

WITH YUFO TRICKSTER

Contortion Workshop for All Levels Friday 15 March | 2-5pm

In this workshop, you will learn the foundations of contortion and how to get into your backbends and front bends using proper technique and alignment. You will also learn new stretches to increase strength and flexibility of your spine. This workshop will help you work towards your contortion goals in a safe manner!

Handstand Workshop for All Levels Saturday 16 March | 2-5pm

Performing a handstand can increase strength, confidence and wellness. It can be a challenging skill for many people, especially those who seek the “alignment” or “one-arm handstand”. This workshop is guaranteed to challenge students of all levels and unlock the hidden “MoJo” of their handstand.

- Different shapes in handstand alignment.
- How to avoid Banana handstand Syndrome
- One arm handstand preparation
- Press to handstand or forearm
- Fear of falling....and more!

Investment: AED 350 each workshop

All prices are inclusive of VAT.

Book your place by emailing

info@bodytreestudio.com

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YuFo Trickster is an accomplished contortionist, B-boy and brand ambassador athlete who has spent his life presenting a concept called “Contortion In Motion”. He blends together different styles and techniques to expose and showcase something extraordinary. He is an internationally recognised performer, who performed in TV shows, commercials, and films. Through his training in Breakin (Break-Dance), he discovered his passion for handstands, studied immensely from the best: Yubal Aylon, Miguel Sant’ana, and Nicolas. He has been coaching handstands for over 5 years around the world.

