

# Handstand Inversions Pop up with Jennifer



Inversions reintroduce us to our inner child, and in the asana practice maybe a time to be playful. You can expect exercises for conditioning and preparing the body to go upside down, therefore drill for both beginners and those already kicking up but not sticking it can benefit from this class.

In this 90-minute movement class we will be working through handstand transitions to build confidence and knowledge to balance on your hands.

Suitable for all levels. Two dates coming up to build your practice!

- 🍃 Date: Saturday 25 May & Friday 14 June
- 🍃 Time: 9am-10.30am
- 🍃 Investment: AED 100 (including Nectar juice)

All prices are inclusive of VAT.

Book your place by emailing

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