



**WORKSHOP**

## **INTRO TO HANDSTANDS**

WITH CECILY GUEST

Getting into a handstand requires skill and practice. In this 90 minute workshop we'll learn 10 essential drills to help you explore and achieve this inversion, even if you've never attempted it before. You'll have a plan to progress, along with the ability to spot your friends, so that practice is fun and safe.

**Saturday, Jan 26th**  
**1:30-3pm**  
**Core Studio**

**\$25 FOR MEMBERS + GUESTS**

*RSVP at [Studiomix.com](http://Studiomix.com)*

*under FIND A CLASS then WORKSHOPS*

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