

A JOURNEY TO HEADSTAND



About This Course*

Headstand is known as the king of all posture. It has great help benefits especially on the nervous system.

In this course we will break down the elements required for a healthy and sustainable headstand practice. You will learn how to slowly grow your headstand practice building up to a free standing headstand without the help of the wall!

Headstands can:

- Revitalize the body
- Align the spine and improve posture.

- Cleanse the internal organs
- Stimulate the mind and clearer thinking by sending healthy blood to the brain.
- Strengthens the spine, neck, shoulders, and arms.
- Helps to overcome fear of the unknown
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Time: 6:30-7:30pm

Mondays and Wednesdays

11Sep - 2 Oct 2019

Price BD45 (6 classes)

Teacher: Weam Zabar

*This course is not suitable for people with neck injury, pregnancy, back injury, heart condition, high blood pressure, headaches, or glaucoma. The practice will be modified during