

The Handstanding Yogi The Hows Whys Wtfs Of Being Upside Down

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Filled with over 70 hand-drawn illustrations, The Handstanding Yogi is a comforting travel companion on your journey to a safe and successful inversion practice. It is also a fun memoir, charting the sometimes frustrating journey of getting on ones hands. It is unashamedly geeky and a little bit swearsy, much like handstands themselves.

The Handstanding Yogi: The Hows, Whys & WTFs of Being

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"Handstanding Yogi : The Hows, Whys & Wtfs of Being Upside Down, Hardcover by Bond, Ash, ISBN 1788039521, ISBN-13 9781788039529, Brand New, Free shipping in the US How long does it take to learn to handstand?

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Handstanding Yogi: The Hows, Whys and WTFs of Being Upside Down, published Dec 2017) and were woven into their unique fusion workshops designed to help students safely navigate the often confusing world of the upside down and all of the frustrations, challenges and joy that they meet on the way.

The Handstanding Yogi The Hows Whys Wtfs Of Being Upside Down

Gabby and Ash would see that handstands have made careers, broken egos, crippled bodies, given people roots and even gifted some of the luckier ones wings. Filled with over 70 hand-drawn illustrations, The Handstanding Yogi is a comforting travel companion on your journey to a safe and successful inversion practice.

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Regular handstand sessions for both beginners and intermediate inversionists, run by circus artists Reuben Hosler and Gabrielle Parker (the co-author of The Handstanding Yogi: The Hows, Whys

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The rise of upside down workouts - and why they're good

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The Handstanding Yogi. The Hows, Whys & WTFs of Being Upside Down. by Ash Bond <p>All of these questions have been thrown at acrobat Gabrielle Parker on a daily basis since she became a handstand teacher. It was time, she thought, to write them down.

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