



Special Morning Sessions with Jacob Handwerker (USA)

dedicated to our Mysore Community,
open to all with basic Mysore experience

Monday 12th March @ 6.45 am

Tuesday 13th March @ 7am

Wednesday 14th March @ 6.45 am



Handstand Clinic on March 13th 2018 from 6.15pm to 8pm

Join Jacob Handwerker (USA) for an evening of inversion training and fun. We'll explore different techniques to help you find balance on your hands. It's like being a kid again and learning to walk. Finding stillness and comfort on the hands is very rewarding and builds self-confidence.

Pre-reqs: Headstand and the ability to kick up into a handstand against the wall.

Workshop 2,000Rs