



DIY



HSPU: HANDSTAND PUSH-UP TUTORIAL

Please make sure to have two blocks, two towels, your mat and a wall close by! 😊

Please sign in at least 5 mins prior to class start time and with the name you registered with. Unknown names/yoga studio/spouses/children/phone numbers will delay or altogether hinder your participation.

Topic: HSPU: HANDSTAND PUSH-UP

Time: Oct 10, 2021 16:00 Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87250527983?pwd=aVdtMIJYbkFRSWUxMkxBUXpIK2RnZz09>

Meeting ID: 872 5052 7983

Passcode: 162727

One tap mobile

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