



Order received, thank you!

Firstly, thank you for your interest in Day's Method! 😊

The Handstand Course consists of 4 recordings, each approximately 2hrs. Once you request the link, I will create a Showcase for you with a link that's made specifically for you. You'll have 5 days to complete the viewing and of course have access to Day if you have any questions regarding any of the material.

Please let me know if you have any questions or if you're ready to receive your link!

Cheers,

Dottie