Wednesday, December 2, 2020 - Wednesday, March 24, 2021

Handstands Class with Camille Tremblay

Company: The Muse Brooklyn
Venue: online
Location: na, NY

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Intermediate level: a??

Explore different 2 arms vocabulary, play with short sequences and have goals such as: straddle press, constancy in the handstand hold, achieve a straight and stable shoulder position.a??

Advanced levela??

Explore the 1 arm shifts and 1 arm hold position. Strength and endurance are required for this class.a??

The Muse Brooklyn
na na
na, NY, 10014
https://www.patreon.com/TheMuseProductions

Schedule
December 2, 2020: 6:00pm
December 9, 2020: 6:00pm
December 16, 2020: 6:00pm
December 23, 2020: 6:00pm
December 30, 2020: 6:00pm
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