



The Beginner's Guide to Handstand: The Beginner's Guide to Yoga (Volume 1)

Steph Gongora

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A complete guide to standing on your hands! Over 100 pages of warmups, full body strengtheners, alignment cues, and more. From myths about handstands to proper alignment and anatomy by body part, this book contains everything I used and continue to use on my handstand journey. Ideal for yogis, calisthenics enthusiasts, aerial arts practitioners, functional fitness fanatics, acrobats in training, and anyone interested in progressing their inversion practice! Hundreds of high quality photos, detailed instructions, and MORE!

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