

## All About Inversions: Handstand HW Assignment

Please complete and email back to - [lotuspondteachertraining@gmail.com](mailto:lotuspondteachertraining@gmail.com)

### **REFLECTION:**

1. What is your current relationship with handstand?
2. What is your next perceived step to improve your handstand?
3. How many times a week will you dedicate to preparing for/working on this pose? What feels doable and realistic?
4. Does handstand bring up mental resistance or fear? Why or why not?

### **TECHNIQUE:**

1. What is the translation of Adho Mukha Vrksasana?
2. List 3 details of what the hands should do in handstand:
  - A.
  - B.
  - C.
3. Are the upper arms held in internal or external rotation?
4. What should the shoulders be doing in handstand? Be specific.
5. What actions in the core/torso are emphasized to maintain a steady, straight line in handstand?
6. What are the actions of the legs while holding the handstand? Should you immediately bring the legs together as soon as you kick up? Why or why not?