

women*scircus

HANDSTAND —A—THON

1-2PM
SUN 28 JUNE

NOT JUST
HANDSTANDS



ALL THE WAYS TO GET INVOLVED...

- * COME ALONG
- * SPONSOR A FRIEND
- * DONATE TO WOMEN'S CIRCUS
- * CONTRIBUTE TO OUR ONE HOUR NON STOP HANDSTAND-A-THON!



* CANT HOLD A HANDSTAND? NO WORRIES! TRY ONE OF OUR MANY OPTIONS LISTED BELOW...



**STRENGTH
DISH
HOLDS**

SINGLE CHAIR HANDSTANDS



HEADSTANDS

BOX L-SHAPE HOLDS





CHAIR HANDSTAND HOLDS

STAR SILK HOLDS



FORKLIFT WITH A FRIEND



**STRENGTH
WITH
FRIENDS**



**ELBOW -
STAND
HOLDS**



**HANDSTANDS
AGAINST
A WALL**

HANDSTAND WITH A SPOT



CREATE YOUR OWN!

GET CREATIVE!

**EXPLORE ALL THE
WAYS YOU COULD
HOLD A
HANDSTAND OR
HANDSTAND
PROGRESSION/
STRENGTH MOVE.**

