KYLE WEIGER



WORKSHOPS & RETREATS



WHAT I DO

Along with being a full-time traveling Handstand Coach, I'm a digital marketing expert & social media influencer.

My signature workshop, known as **Handstand Bootcamp**, is a 2-day seminar open to all levels of students.

I use the physical skill of a Handstand to empower people around the world to shatter their belief barriers, and invite them to step into the best versions of themselves.

With a background in dance, yoga, gymnastics, and hand balancing, I incorporate my varied movment history into my workshops, online courses, and destination retreats.

Want to work together?

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WORKSHOP

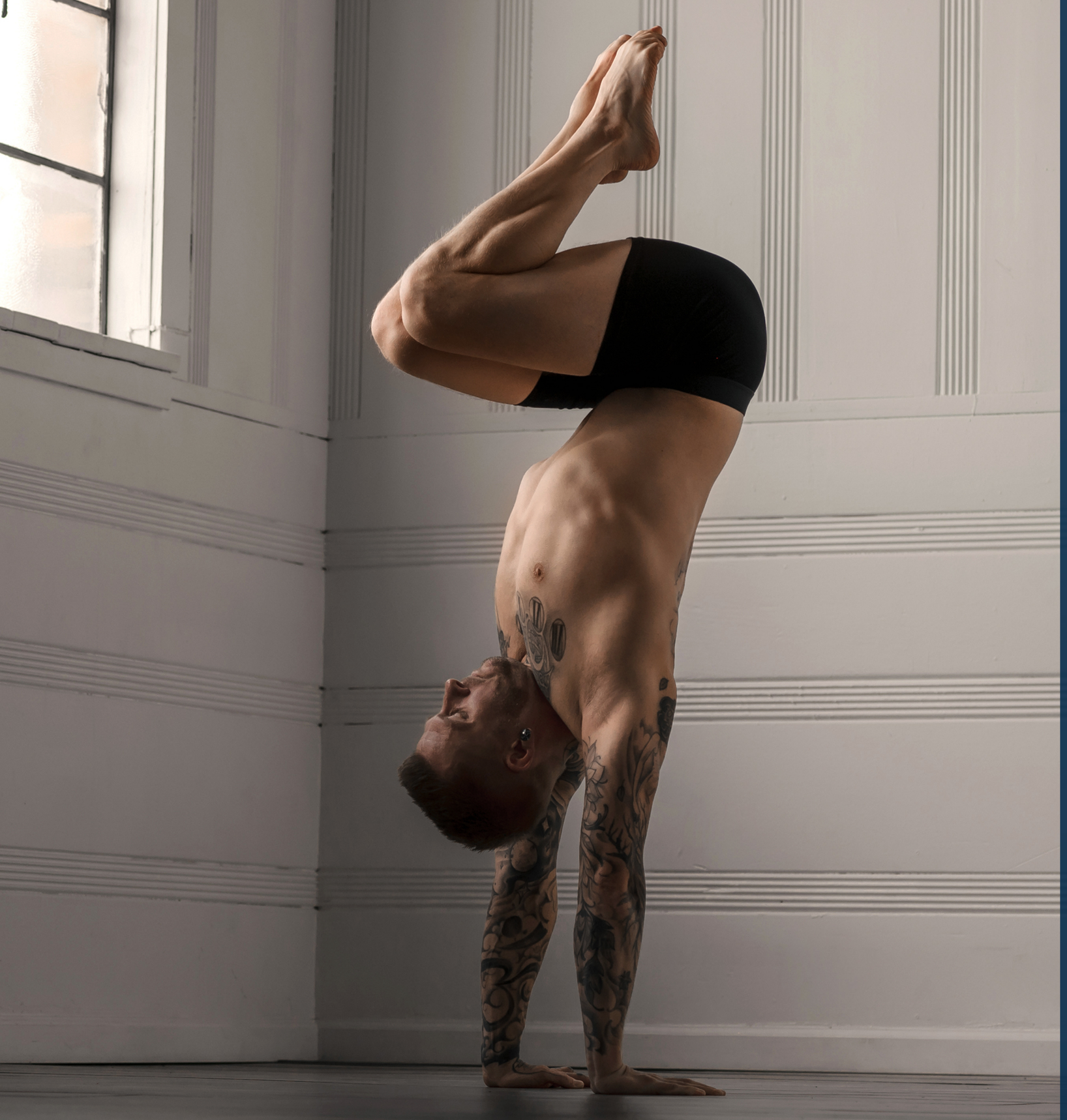
Day 1 of **Handstand Bootcamp** is designed to give students all of the foundational tools for a strong and solid freestanding handstand hold.

This is where students will begin working on their entries of scissor, tuck, and straddle while learning how to be slow and controlled in their movement patterns.

We'll also be introducing the most efficient ways to use a wall, and will be pointing out some common misconceptions about the overall art and science of handstand.

Day 1 also intoduces the most effective partner drills, with a very heavy emphasis on the importance of safe spotting.

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Day 2 of **Handstand Bootcamp** kicks off with a quick recap of the ideas, theories, skills, and drills covered on Day 1.

We then build on those by introducing fun and creative ways to level-up or level-down your practice, based on each student's training capacity.

This is where students learn to be their own best coach, and can walk away from the weekend with a solid working knowledge of how to train after the workshop concludes.

Day 2 ends with open forum playtime, and a 15-20 minute Q&A session to cover any remaining questions on anything covered over the weekend workshop.

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RETREATS

Every year I host one or two **Handstand Traincations.** These are destination retreats where students wil immerse themselves in training for 5 to 7 days.

Past retreats have included destinations like Sayulita, Tulum, Santa Teresa, Osa Peninsula, and Cusco.

These remote destinations allow students to disconnect from their busy schedules for a week of highly focused handstand training with several other students from around the globe.

Along with the training, these trips come with plenty of downtime for R&R and fun tropical excursions!

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CONTACT

Are you interested in hosting **Handstand Bootcamp** at your gym, yoga studio, or CrossFit facility?

Do you own a retreat center that hosts traveling teachers?

All you have to do to get in touch is to send an intro email to:

kyle@kyleweiger.com

Be sure to include your:

- Location -

- Number of members -

- Previous guest teachers -

I can't wait to work with you!

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