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These conversations eventually became a book (The Handstanding Yogi: The Hows, Whys and WTFs of Being Upside Down, published Dec 2017) and were woven into their unique fusion workshops designed to help students safely navigate the often confusing world of the upside down and all of the frustrations, challenges and joy that they meet on the way.

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## **Gabrielle Parker (Author of The Handstanding Yogi)**

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