

# Moving | Falling through Handstands

Workshop by Jakob Lohmann

“Keeping the balance in a handstand is the art of falling in all directions at the same time”

When we move through space we constantly fall in and out of balance. This workshop will explore handstands not only as a static balance but as a suspension on our hands we can fall into and out of.

The workshop will be structured in 3 parts:

- The fundamentals of handstands
  - o Efficient alignment of the body structure
  - o Getting familiar with the upside down
- Falling in and out of Handstands
  - o Finding suspension on our hands coming from movement
  - o Using the loss of suspension as a force to move us
- Personal exploration
  - o How can I add the use of inversions and suspensions on my hands as a tool towards my own style/quality of movement?

Jakob studied for 4 years at CODARTS Rotterdam as a contemporary circus artist and graduated in 2018 as Floor Acrobat/ Acrodancer and is currently performing with the Belgian Company ‘Grensgeval’ with the show “Plock!” as well as with his own creation “Being Audience | Being Performer”.