



Yuval Handstand Intensive | September 2026 Schedule

	Wed Sept 9	Thurs Sept 10	Fri Sept 11	Sat Sept 12	Sun Sept 13	Mon Sept 14
08:30		Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast	Light Breakfast
09:00 – 12:00	Arrival, Taxi to hotel, check-in	Morning Session	Morning Session	Morning Session	Morning Session	Closing Session
12:00		Lunch	Lunch	Lunch	Lunch	Lunch
	Orientation & registration					
16:00 – 19:00	Opening Session	Afternoon Session	Afternoon Session	Afternoon Session	Afternoon Session	Taxi to port/airport, departure
19:00	Welcome Dinner					