

MOVE WITH PAULINE

# Handstand Guide



Why your  
handstand  
isn't working...

*and how to fix it.*

# You want a handstand but the idea of doing it in the middle of the room scares you.

**Maybe you've already tried.**

**You've kicked up to the wall. You've taken a few handstand classes here and there.**

**You've followed tutorials. You've watched people float up effortlessly and wondered why it feels so hard for you...**

And at some point, you start thinking maybe it's just not for you. Maybe you're not built for it. Maybe you started too late. Maybe you're missing something everyone else seems to have.

I get it. I was exactly there.

I didn't grow up doing gymnastics. I was terrified of falling and hurting myself. I didn't feel confident upside down. I didn't understand what I was doing. I just kept trying things, hoping one day it would click.

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It didn't. Not until I stopped guessing and started understanding what a handstand actually requires.

# Why you're probably stuck

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## 1. You only practice kicking to the wall

Kicking to the wall teaches you one thing only: how to kick to the wall.  
It does not teach balance.  
It does not teach control.  
It does not teach confidence in the middle of the room.  
If you never get comfortable working the other way, your brain never learns how to balance.

## 2. You never *really* learned how to fall

Falling should be a reflex.  
And reflexes are built through repetition.  
At the beginning, I spent *months* practicing nothing but falling safely.  
Not strength. Not balance. **Falling.**  
If your brain doesn't know how to exit safely, it will never let you spend time upside down.

## 3. You think it's a strength problem

You wait to “*get strong enough*” before practicing handstands.  
But handstand strength comes from practicing the handstand position itself.  
Lifting weights can help, but it doesn't replace time upside down in the right shape.  
You don't get better at handstands by *avoiding* handstands.



# Why you're probably stuck

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## 4. You change exercises all the time

Instagram makes handstands look exciting. In reality, progress is repetitive. Sometimes boring. If you switch exercises every week, your body never adapts long enough to learn. Consistency beats novelty every time.

Progress comes from staying with the same drills long enough for your body to learn from them.

## 5. You don't practice enough

Handstands require repetition to rewire the brain. Occasional sessions aren't enough for your nervous system to adapt. Consistency matters more than long, intense workouts. 2–3 sessions a week is a minimum. Less than that, your nervous system won't adapt.

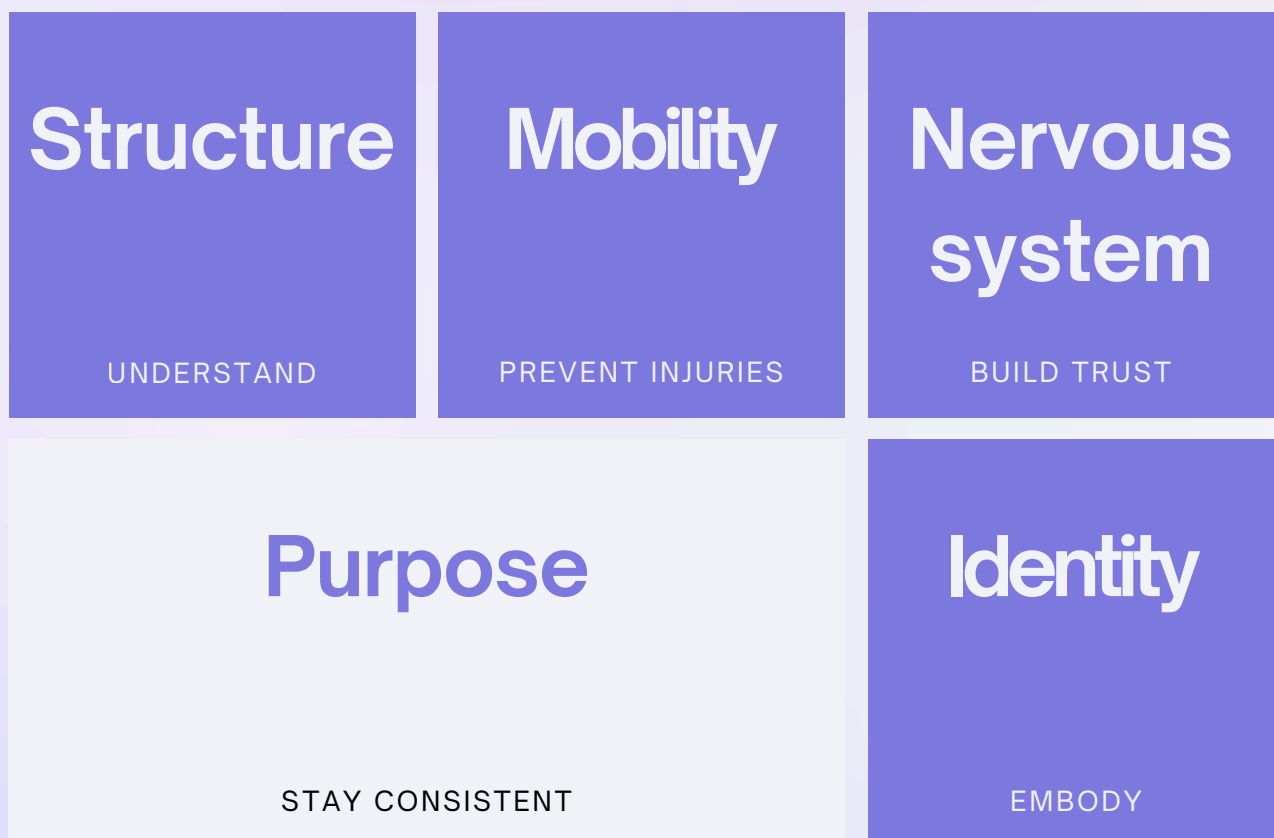
## 6. You train alone with no structure nor feedback

Handstanding is a complex skill to learn. There's a reason coaching works. You might be currently avoiding the exact work you need to progress. Without feedback, you repeat the same mistakes. Without guidance, fear stays high and progress stays slow.

**Ok, so... what's next?**

# The fastest way to handstand

With the right system, handstanding is accessible to *anyone*.  
In my work, everything comes back to 5 things:



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*This approach is the same one I use with my private clients and in my retreats*

# The MWP Approach

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There is no single trick that makes a handstand happen. What works is a system that respects how the body learns, how the brain adapts, and how habits are built over time.

## 01 **Structure: knowing what you're building and how**

A handstand isn't about throwing yourself upside down. It's about understanding the position, the line, and the mechanics so every drill actually moves you forward week on week instead of reinforcing habits that keep you stuck.

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## 02 **Mobility: creating strength + space where you actually need it**

Shoulder mobility, wrist tolerance, spinal control & hamstrings flexibility aren't extras. Without them, balance compensates, tension builds, and injuries show up. Mobility is about building strength + flexibility + control to move safely and master your body.

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## 03 **Nervous system: teaching your brain that you're safe**

Your brain has one job: to keep you alive. Anything unknown, like being upside down, is considered a threat. Fear disappears through progressive exposure and repetition. When your nervous system feels safe, balance becomes possible. Until then, strength doesn't even matter.

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## 04 **Purpose: building consistency by knowing why it matters to you**

When training is connected to something deeper than performance or aesthetic, you stop forcing yourself to train. You're not showing up out of discipline alone, but because the practice actually makes sense in your life.

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## 05 **Identity: who you become in the process**

Handstands reveal how you respond to fear, frustration, and slow progress. Shifting identity is not pretending you already have the skill. It's stepping into the process as someone who trusts that learning is possible.

That awareness changes the way you handle difficulty far beyond the mat.

# Who am I?

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A movement mentor with 15+ years exploring flexibility, yoga, and calisthenics.

## Hey, I'm Pauline



I didn't grow up doing gymnastics or else.

I learned handstands as an adult (past 25yo), through confusion, fear, and a lot of trial and error.

Over the years, I became a certified yoga teacher and movement coach, specializing in functional strength, arm balances, flexibility, and injury prevention.

I've taught across Bali, Thailand, Morocco, and France, and worked with people who felt stuck, scared, or convinced they were *"just not built for it"*.

My work focuses on understanding movement, adapting it to real bodies, and creating systems people can actually stick to.

## How to work with me

01 **MWP 1:1 Coaching**

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02 **Movement Camp**

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03 **Movement Club**



go to the next page

# How to practice with me

## MWP 1:1 Coaching

Highly personalized coaching tailored to your body, your goals, and how you actually learn movement.

If this guide made things click but you're still unsure how to apply it to your own practice, we can look at it together.

[BOOK A 15-MIN CLARITY CALL](#)



## Movement Camp

A one-week immersive experience combining handstand practice, strength, mobility, recovery, and nervous system work.

2026 dates:

- 21-28 November: Taghazout, Morocco

[SEE DETAILS & APPLY](#)

## Movement Club

Workshops and movement sessions hosted around the world as I travel.

This is a more open, community-based way to train, explore movement, and meet in real life.

[SEE UPCOMING SESSIONS](#)





## My first win



Multiple conversations with Pauline later, today I decided to show up to have fun. I woke up with the feeling that my problem isn't not working hard enough, it is working too hard. In the sense that I'm putting way too much pressure on myself to get this done, rather than just doing it for the sake of doing it. All my life I have been fascinated by Yoga and Calisthenics and have admired watching others have the control and bodily awareness to do these movements. So I decided I'm going to tell myself I'm really cool for trying it. Even if I suck. Even if it hurts and I'm not able to do what I set out to. I will just go, move, and try my best to enjoy it.

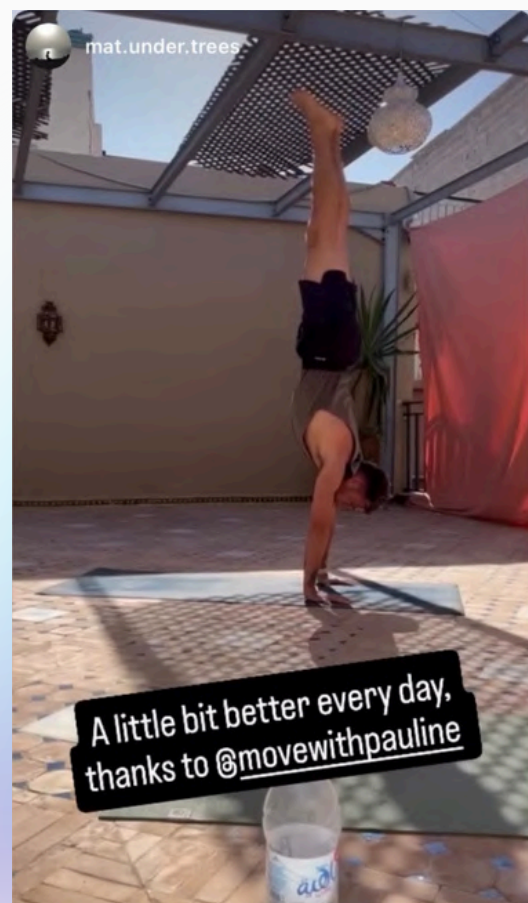
I played some music I used to dance to as a child, put on my workout clothes, and went. Kept my phone aside and just moved as per my workout plan. I could've never predicted what came next - I left the session feeling like fire 🔥. I felt warmth and heat coarse through my body a little more with each movement. By the time I left, I felt like I'm the shit! I took less rest time between sets and reps, my range, strength and endurance was better.. everything was so much better!

Chest-to-wall used to scare me! But learning what to activate and how to feel my line gave me control and confidence :) Now I just hope this keeps evolving into a full handstand 🙌

It has been quite an exciting experience for me to get myself to go for a workout, push myself through the session, and come back feeling good about it.

I've done that twice now. And it's a new feeling honestly. I've only ever had trainers who are with me throughout the session, and don't talk to me before or after the sessions.

This is different. And a lot of what you have said is helping me change the way I see working out :) 10:53



# They practiced with me IRL

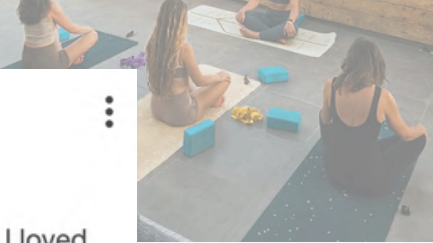
NEXT EVENTS



**Matti Wurzel**  
3 avis

★★★★★ il y a 2 semaines **NOUVEAU**

We took part in one of Pauline's handstand classes and had a lot of fun and actually improved our technique visibly even after one session. She is very passionate about what she is teaching and that definitely carries over to her classes!



**Lina I-S**  
7 reviews

★★★★★ 2 weeks ago **NEW**

I took handstand and flexibility classes with Pauline in Morocco and I loved the experience. Pauline is a passionate, highly skilled teacher who is attentive to everyone's needs. She takes the time to correct, explain, and motivate, which allows you to progress with confidence. Her positive energy and kindness make each session as effective as it is enjoyable. I highly recommend her classes 🥰🥰



**Alicia Dassance**  
12 reviews · 1 photo

★★★★★ 2 weeks ago **NEW**

I took a handstand and flexibility workshop with Pauline and really loved it. She teaches extremely well, in a very humble and accessible way. She gives great keys and tools so you can keep practicing safely on your own after the workshop. The exercises were well-paced and never too long, which made the time fly by. The class was super fun, held in a kind, supportive, and truly caring environment. I would absolutely recommend her workshops!



**Valentina Narr**  
1 review

★★★★★ 2 weeks ago **NEW**

I joined her classes in Morocco and it was the nicest thing! She definitely knows her stuff and i felt very safe in her classes. Also i had already experience in **handstand** and flexibility but doesn't matter which level you are there is always an exercise that will challenge you. Really enjoyed and i am looking forward to another lesson!



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# See you soon!

more on [@movewithpauline](#)

If this shifted the way you see handstands even a little, that's already a good place to start.

If you want to keep exploring, practicing, or training with me, here's where you can find me.

Don't be shy to send me a DM. I read everything and reply myself

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