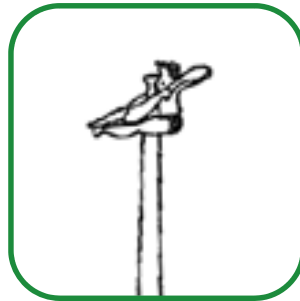
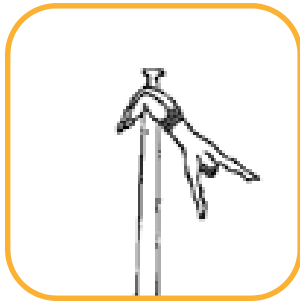
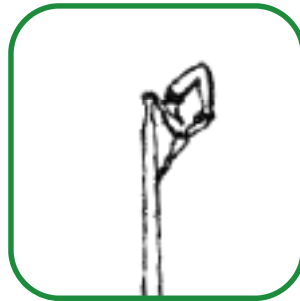
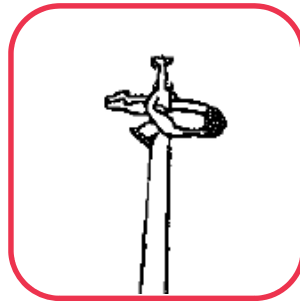
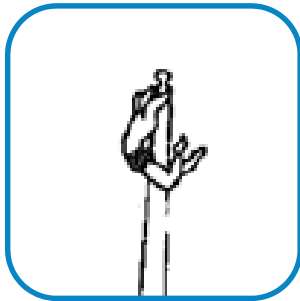
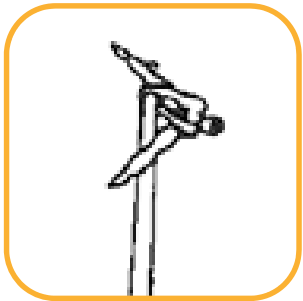


# Mallakhamb Federation USA

Maximum Exercises to maximum Muscles in minimum Time

- Maximum exercises to maximum muscles in minimum time
- Exercise is combination of Yoga, Gymnastics, and Martial Arts
- Become Air-Borne and exercise against gravity

## MALLAKHAMB INTRODUCTION IN YOGA POLE STUDIO



- **Venue** 3001 Red Hill Ave. 1-107, Costa Mesa, CA 92626
- **Date** : June 18 @ 1:30pm – 3pm; June 19 @ 12:30pm – 2pm  
[Click to Reserve Online](#)
- **Event**: Rope Mallakhamb
- **Tryout Description**: Athlete will learn about history of Mallakhamb, timeline of Mallakhamb, forms of Mallakhamb. Athlete will be exposed to Level 1 Curriculum that will include mounts, dismounts, balancing positions, transitions, and inceptions.
- **Dress Code** : Leggings and Tight Tops similar to Yoga outfits
- **Liability-Waiver** : All participants need to sign up liability-waiver forms before participation

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Info: [www.mallakhamb-usa.org](http://www.mallakhamb-usa.org) | [www.facebook.com/mallakhambusa](https://www.facebook.com/mallakhambusa)  
Current Centers : New Jersey | Connecticut | Michigan  
Opening soon : Massachusetts | New York | Texas | California