

Day	Original Challenge	Level 1		Level 2		Level 3	
Day 1	1 min Cumulative Freestanding Handstands	Warm Up	x 30 sec Belly to the Ground	Warm Up	x 20 sec Belly to the Ground	Warm Up	x 5 sec Belly to the Ground
Day 2	2 min Cumulative Freestanding Handstands		x 10 sec Wall Tightness Drill		x 15 sec Wall Tightness Drill		x 5 sec Wall Tightness Drill
Day 3	3 min Cumulative Freestanding Handstands		x 15 sec Belly to the Wall w Stretching		x 30 sec Belly to the Wall w Stretching		x 1 min Belly to the Wall w Stretching
Day 4	4 min Cumulative Freestanding Handstands	Day 1 to 3	x 1 min Dolphin	Day 1 to 3	x 15 sec Dolphin on the Wall	Day 1 to 3	x 15 sec Dolphin on the Wall
Day 5	5 min Cumulative Freestanding Handstands		x 15 sec Dolphin on the Wall		x 3 Wall Scissor (Level 1)		x 3 Wall Scissor (Level 1)
Day 6	6 min Cumulative Freestanding Handstands		x 2 Supine Tuck Ups		x 5 Kneeling to Pike Jump (Level 1 Only)		x 3 Kneeling to Pike Jump (Level 1 + 2 Only)
Day 7	7 min Cumulative Freestanding Handstands	Day 4 to 6	x 5 Kneeling to Pike Jump (Level 1 Only)	Day 4 to 6	x 1 Pike Ups with Blocks	Day 4 to 6	x 3 Pike Ups with Blocks
Day 8	8 min Cumulative Freestanding Handstands		x 1 min Dolphin		x 15 sec Single Leg Tuck on Wall		x 20 sec Single Leg Tuck on Wall
Day 9	9 min Cumulative Freestanding Handstands		x 15 sec L-Handstand on the Wall		x 3 Wall Scissor (Level 1 + 2)		x 3 Wall Scissor (Level 1 + 2)
Day 10	10 min Cumulative Freestanding Handstands	Day 7 to 9	x 4 Wall Scissor (Level 1)	Day 7 to 9	x 15 sec Headstand	Day 7 to 9	x 1 min Headstand
Day 11	11 min Cumulative Freestanding Handstands		x 5 Supine Pike Ups		x 4 Tuck Ups with Blocks		x 5 Pike Ups with Blocks
Day 12	12 min Cumulative Freestanding Handstands		x 15 sec Dolphin on Wall		x 15 sec Tuck Hold on Wall		x 30 sec Tuck Hold on Wall
Daily Finish	5 min Meditation	Day 7 to 9	x 10 sec Forearm Balance Near Wall	Day 7 to 9	x 3 Wall Scissor (Level 2 + 3)	Day 7 to 9	x 3 Wall Scissor (Level 1 + 2 + 3)
			x 2 Wall Scissor (Level 1)		x 15 sec Forearm Balance		x 1 min Forearm Balance
			x 3 Kneeling to Pike Jump (Level 1 Only)		x 3 Pike Ups with Blocks		x 5 Pike Ups with Blocks
Plus	5 min Meditation	Day 10 to 12	x 15 sec L-Handstand on the Wall	Day 10 to 12	x 3 attempts 1st Position Hold on Wall	Day 10 to 12	x 15 sec 1st Position Hold on Wall
			x 2 Wall Scissor (Level 1 + 2)		x 3 Wall Scissor (Level 3)		x 3 Wall Scissor (Level 3)
			x 1 Pike Ups with Blocks		x 2 Pike Ups with Blocks		x 5 Pike Ups with Blocks
Plus	5 min Meditation	Plus	3 x *** Freestanding HS near wall	Plus	3 x 3 Shape Changing Drills of Your Choice	Plus	3 x 3 Shape Changing Drills of Your Choice
			5 min Meditation		3 x *** Freestanding HS		5 x *** Freestanding HS

ADDITIONAL NOTES

This Month's Focus Focus on FORM above anything else. If your ribs or hips come off alignment - on any of the wall drills - stop. Come down and reassess. This month is about teaching our body what it feels to engage our entire core to find a straight line. Video yourself. Start with short holds, observe the video and readjust as necessary.

Warm Up Use the Belly to the Wall Video. Alternate between Belly to the Ground, the Wall Tightness Drill and Belly to the Wall following the suggested time. Follow the stretching and warm-up as listed. You will have to move fast! Or simply pause the video between transitions.

Tuck | Pike: Read this as 1x tuck, 1x pike jump. Then repeat this sequence to finish your set. Focus on quick entrances, finding full extension and the core engagement as soon as possible. Avoid stopping mid handstand to catch your balance. Even if this means you don't make it to your straight line. Hold it for 1 sec, then slowly exit.

Stretch + Warm Up Add wrist, shoulder, neck, arm range of motion and hamstring stretches to your practice. It is a good idea to spend around 5 to 15 minutes warming up your neck, wrists and shoulders before your first handstand. Add stretches in between sets and finish with a nice long stretch. Your future body will thank you!

Forearm Balance and Headstands Attempt entering and exiting through a pike up. Focus on finding a straight body position. Since you will be shifting your weight around to find straight, you may want to practice near a wall. Just to make sure you don't compromise your form due to the fear of falling.

***** Freestanding Handstands ***** Determine your own goal. Let's say 30 second handstand. Then do as many handstands as you need to until you reach 3 handstands at your goal's length. Give yourself 10 minutes to reach this goal. No more. If you didn't reach your goal in 10 minutes, readjust the goal, or trying on the next day.

Modify Your Practice Modify the length of the training or the drills as much as you need. Refer to our Handstand Training Library for more options

<https://yogaslackers.com/explore/handstands/>

Too Tired? Feel free to take a rest day or step down a level for a day or two. We removed rest days, as you can rest in between training days and extend the training from 12 days to an entire month if you would like.

Share Your Practice

Having a good time? Please let us know. It will keep us motivated to continue posting monthly challenge. If you can't load images or videos each day, do not worry. Do come by and say 'I'm practicing with you!' We will appreciate it!

Support our Program [Support the 12 Days of Handstands Training Program by joining our \\$5 per month subscription.](#) Your contribution will support the creation of videos, training programs and online support.

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