



12 Days of Handstands

June 2021 Mid Year Challenge Check-In

Original Challenge			Level 1			Level 2			Level 3	
Daily Start	Warm up to your choice		Daily Start	Full Warm Up		Daily Start	5x Sun Salutations		Daily Start	6x 1 min Belly to the Wall
Day 1	1 min	Cumulative Freestanding HS	Day 1 to 6	2 min	Preparatory Drills	Day 1	1 min	Straight Handstand	Odd Days	Static Hold as in Level 1
Day 2	2 min	Cumulative Freestanding HS		2 min	Preparatory Inversions	Day 2	Day 1 + 1 min	Narrow Open Straddle	Even Days	Level 1 with Leg Isolations (Continues Shape Changes)
Day 3	3 min	Cumulative Freestanding HS		2 min	Wall Drills	Day 3	Day 2 + 1 min	Pike Straddle	Daily Finish	Cumulative HS Walks
Day 4	4 min	Cumulative Freestanding HS		2 min	Preparatory Drills	Day 4	Day 3 + 1 min	Butterfly / Diamond		5 min Meditation
Day 5	5 min	Cumulative Freestanding HS		Day 7 to 9	2 min	Preparatory Inversions	Day 5	Day 4 + 1 min		Staged (R + L)
Day 6	6 min	Cumulative Freestanding HS			2 min	Wall Drills	Day 6	Day 5 + 1 min	Double Staged (R + L)	
Day 7	7 min	Cumulative Freestanding HS	30 sec	Cumulative Freestanding	Day 7	Day 6 + 1 min	Eagle Legs (R + L)			
Day 8	8 min	Cumulative Freestanding HS	Day 10 to 12	2 min	Preparatory Drills	Day 8	Day 7 + 1 min	Scorpion (Back Bend)		
Day 9	9 min	Cumulative Freestanding HS		2 min	Preparatory Inversions	Day 9	Day 8 + 1 min	Splits (R + L)		
Day 10	10 min	Cumulative Freestanding HS		2 min	Wall Drills	Day 10	Day 9 + 1 min	Lotus or Crossed Legs (R + L)		
Day 11	11 min	Cumulative Freestanding HS		1 min	Cumulative Freestanding	Day 11	Day 10 + 1 min	Tuck Hold		
Day 12	12 min	Cumulative Freestanding HS	Daily	5 min	Meditation	Day 12	Day 11 + 1 min	Narrow Hands		
Daily	5 min	Meditation				Daily Finish	BONUS	Cumulative Handstand Walks		
							5 min	Meditation		

NOTES

Cumulative Handstand Challenge

Start a timer as soon as your feet leave the ground and stop the timer as soon as your feet return to the ground. During your next handstand you will continue the timer until you accumulate your desire time for the day. This drill is about 'time on your hands'. Form and entrance style are not as important as holding your handstand.

If you choose to practice the original challenge, attempt all your handstands off the wall. You may use a spotter to avoid catastrophic falls, but if you touch the spotter or a wall, come down immediately and try again. Please not to use the spotter to hold the handstand longer than you can hold it on your own.

This challenge is all about learning to enter a handstand and how to balance a handstand off the wall by doing small movements. If you use a wall or a spotter to go up without control or if you touch the wall and continue holding the handstands then this challenge will be less effective.

If you feel like you need a spotter or a wall to enter the handstand, then we recommend you do not attempt this level yet, and instead attempt level 1.

LEVEL 1

This month's training program will be a little bit of find your own adventure.

Take some time to study the Handstand Library and alternate each minute among Preparatory Drills, Preparatory Inversion and Wall Drills - in that order.

After day 6, dedicate your last minute to freestanding.

LEVEL 2

Consider warming up with a few rounds of Sun Salutations. Focusing on curling your torso and pushing through your shoulders.

Hold each cumulative minute on a different handstand shape. If you are holding and the minute changes, attempt to switch your shape without coming down. Challenge yourself to enter each handstand using a different entrance and exit. There is a full list of suggested entrances in our website.

www.YogaSlackers.com/Explore/Handstand/Training

LEVEL 3

Same as Level 2 with a slight difference between static holds and continues shape shifting.

Odd days: Static Hold
Hold the shape statically. If the shape has a left and right, switch side (ideally while holding your handstand).

Even Days: Continues Shape Shifting
Move from straight to your desire shape back to straight without stopping.

Advice

My biggest advice is: <<< Do not worry about day 12 >>>

Focus on day one and only day one. Worrying about the future is not useful! Focus on today and only today. Focus on this one handstand and only this one handstand. Trust the practice.

If you are concerned about falling, start slowly. Not by focusing on getting 100% inverted, but on experiencing moments of full weight on your hands. You can learn to trust yourself by moving slowly. Instead of flailing into a wild handstand, focus on short intervals of your body weight hovering over your hands.

If you need a break, take it. While the practice was designed to be done in 12 days, if you feel the need to add a few rest days, please do! Listen to your body, rest as much as needed and modify if you feel is necessary.

Above all have fun!

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!

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.

Modify! Modify! Modify!

Modify the length of the training as much as you need. Refer to our website for more options.

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!'

Tag us in your posts!

@YogaSlackers #YogaSlackers #12daysofhandstands