



# 12 Days of Handstands

Jan 2022: Original Challenge

Day	All Levels	Level 1 + 2	Level 3
Daily Warm Up	Warm up of your choice		
Day 1	1 min Cumulative Freestanding Handstand 1 min Meditation	<p>Start the timer as soon as your feet leave the ground. Do not worry about form too much. Keep your focus on time on your hands.</p> <p>You can take the entire day to finish.</p>	<p>Start and end your timer once you have reached your free, straight handstand.</p> <p>Focus on form.</p> <p>Attempt to finish in 1 session.</p>
Day 2	2 min Cumulative Freestanding Handstand 2 min Meditation		
Day 3	3 min Cumulative Freestanding Handstand 3 min Meditation		
Day 4	4 min Cumulative Freestanding Handstand 4 min Meditation		
Day 5	5 min Cumulative Freestanding Handstand 5 min Meditation		
Day 6	6 min Cumulative Freestanding Handstand 6 min Meditation		
Day 7	7 min Cumulative Freestanding Handstand 7 min Meditation		
Day 8	8 min Cumulative Freestanding Handstand 8 min Meditation		
Day 9	9 min Cumulative Freestanding Handstand 9 min Meditation		
Day 10	10 min Cumulative Freestanding Handstand 10 min Meditation		
Day 11	11 min Cumulative Freestanding Handstand 11 min Meditation		
Day 12	12 min Cumulative Freestanding Handstand 12 min Meditation		

## NOTES

### Cumulative Handstand Challenge

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 it is necessary.

Above all, have fun!  
And get excited for more formal drills in February.

### Modify! Modify! Modify!

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

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

### 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.

## Help Fund the Program

This training program is funded by people like you! Please consider joining our monthly subscription (which starts at just \$5 per month!) or sending in a one time donation. This will help me (Raquel) allocate time to continue creating these plans and have a nice cup of coffee while doing so. Your contribution is highly appreciated.

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