



# YogaSlackers

## 12 Days of Handstands

The YogaSlackers are an eclectic group known worldwide for their teaching techniques and passion for **Yoga, Slacklining, AcroYoga, Handstands** and **Adventure**. Their main practice – Slackline Yoga – focuses on practicing yoga asanas (postures) while balancing on a one inch wide piece of webbing suspended over the air.

YogaSlackers Teacher **Raquel Hernández-Cruz** has been developing the 12 Days of Handstand training program since 2017 to help people to train with the support of an online global community.

We hope you enjoy this training program and practice with us online every month and at least once a year in one of our in person events.

### May Focus

We are repeating a lighter version of April's Training. Because pikes are really important, and we can all use more time practicing them!

Most entrances require us to find a small pike as soon as we jump or press off the ground. This small or low pike refers to:

- Straight legs, together, as close to the floor as your mobility allows and
- Backwards lean over the hands from your forearms - through a curled back - all the way to our hips.

Do not get discouraged if you cannot pike all the way up into your handstand. That's not our goal (yet!). We simply want to feel this low pike and learn to replicate it on each and every one of our entrances and exits.



### UPCOMING EVENTS

**12 Days of Handstands Retreat**  
Koh Lanta, Thailand  
Nov 30 to Dec 12, 2022

**Waterline Adventure in Thailand**  
Dec 22 to Dec 29, 2022

**Ireland Cycling Adventure**  
Apr 22 to Dec 28, 2023

### SUPPORT THIS PROGRAM

Contribute Monthly  
\$5, \$10 or \$20

Direct Contributions on  
[Venmo](#) or [Paypal](#)

### SOCIAL MEDIA CHANNELS

@yogaslackers  
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### CONTACT INFORMATION

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 [YogaSlackers@gmail.com](mailto:YogaSlackers@gmail.com)

### Training Program

DRILLS		LEVEL			DAYS
		1	2	3	
DAILY WARM UP	NEW VIDEOS!				DAILY WARM UP
	Belly to the Wall Ground	x 15 sec	x 15 sec		
	Wall Tightness Drill	6 sets x 20 sec	6 sets x 20 sec	6 sets x 20 sec	
	Belly to the Wall	x 1 sec	x 20 sec	x 40 sec	
Day 1 - 3	<a href="#">Laying Down Pike Ups</a>	3 x 5	3 x 5	3 x 5	Day 1 - 3
	<a href="#">1st Position Hold on Wall</a>	-----	3 x 5 sec	3 x 5 sec	
	<a href="#">Kneeling to Pike Prep Position</a>	3 x 3	3 x 5	3 x 6	
Day 4 - 6	Laying Down Pike Ups	3 x 5	3 x 5	3 x 5	Day 4 - 6
	<a href="#">Single Leg Tuck On Wall</a>	3 x 1	3 x 2	3 x 3	
	Kneeling to Pike Float	3 x 6	3 x 6	3 x 6	
Day 7 - 9	Laying Down Pike Ups	3 x 5	3 x 5	3 x 5	Day 7 - 9
	1st Position Hold on Wall	-----	3 x 5 sec	3 x 10 sec	
	Kneeling to Pike Float	3 x 6	3 x 6	3 x 6	
	Pike Up with Blocks	3 x 5 sec	3 x 5 sec	3 x 5 sec	
Day 10 - 12	<a href="#">Wall Tuck</a>	-----	3 x 3 sec	3 x 5 sec	Day 10 - 12
	Single Leg Tuck On Wall	3 x 1	3 x 2	3 x 3	
	1st Position Hold on Wall	3 x 1 sec	3 x 5 sec	3 x 10 sec	
DAILY FINISH	Freestanding Cumulative Inversion Enter Through A Pike Up	1 min	2 min	4 min	DAILY FINISH
	Meditation	1 to 5 min	1 to 10 min	1 to 12 min	