



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

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CONTACT INFORMATION

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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 around the globe train with the support of an online community. We hope you enjoy this training program and practice with us from your home every month and at least once a year in one of our [in person events](#).

June Focus: Find Joy!

Summers are for playtime! If you have been struggling with finding time to get upside down in the past months, this month's training program is for you. Simply put this month's goal is to have fun. Train as little or as long as you can. While committing to at least one minute of upside down time.

Mix it up with some other activity that gets you moving. Ideally while enjoying some outdoor time, fresh air and soft sunlight.



Training Plan

WARM UP PICK ONE	
5x	Sun Salutation A
20 min	Handstand Warm Up
10 min	Pre-Handstands Warm Up
6x 1 min	Belly to Wall
6x 20/40 sec	Wall Tightness Drill & Belly to Wall
6x 15/20/20 sec	Belly to Ground, Tightness Drill & Belly to Wall

DAY	DRILLS***	LEVEL 1	LEVEL 2	LEVEL 3 Level 2 +
1	Straight	1 min	1 min	Static Hold
2	Narrow Open Straddle	1 min	Day 1 + 1 min	Continuous Flow
3	Butterfly / Diamond	1 min	Day 2 + 1 min	Static
4	Stag	1 min	Day 3 + 1 min	Flow
5	Eagle Legs	1 min	Day 4 + 1 min	Static
6	Straddle Pike	1 min	Day 5 + 1 min	Flow
7	Frog	1 min	Day 6 + 1 min	Static
8	Turn Signal	1 min	Day 7 + 1 min	Flow
9	Open Double Stag	1 min	Day 8 + 1 min	Static
10	Splits	1 min	Day 9 + 1 min	Flow
11	Lotus or Cross Legged	1 min	Day 10 + 1 min	Static
12	Pike	1 min	Day 11 + 1 min	Flow

*** We have pictures of all these body positions in our [website](#).

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LEVEL 1

Practice Leg Variations on Headstands, Shoulderstand or Forearm Balance. Use the wall as a spotter.

LEVEL 2

Focus on static handstand holds. It is ok to practice near a wall but attempt to not touch the wall more than three times per hold. If you touch more than that, come down and restart your inversion.

LEVEL 3

Alternate between static holds (odd days) and constant flow (even days) moving from a straight to the day's variation and returning to straight. Practice away from the wall. If you appreciate an extra challenge finish each day with a flow between all the leg variations you have practiced so far.