



FEATURED 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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[Venmo](#) or [Paypal](#)

SOCIAL MEDIA CHANNELS

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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 inspire people to train wherever they are 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.

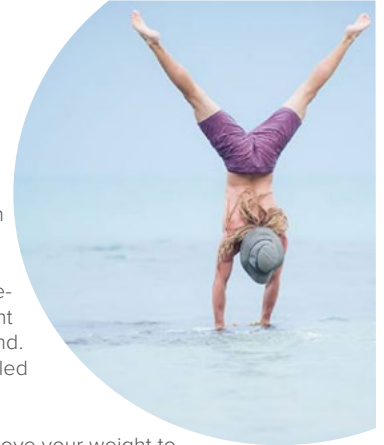
July Focus

Learn to trust your fingers and lean towards the 'scary side'.

If you are holding a handstands and all of the sudden you dismount back to your feet without an apparent reason, it probably means your weight moved from your fingers side, to the center of the hand, all the way to the heel of the hand. Your fore-arms could have become unstacked too. To a point where you could no longer balance your handstand. This usually manifests as an unwanted but controlled dismount.

Use the Wall Scissors to learn both to keep and move your weight to your fingers. During this drill, watch out for that feeling of falling to the wall or pushing the wall with a lot of force. Practice moving the weight to your fingers without pushing your legs on the wall.

Starting by relaxing the push of your fingers and allowing your body to 'fall' towards your finger side.



Training Program

DRILLS		LEVELS		
		1	2	3
WARM UP	Belly to the Wall	6 x 5 sec	6x 30 sec	6 x 1 min
Day 1 - 3	Laying Down Tuck Ups	3 x 5	3 x 5	3 x 5
	Wall Scissors	3 x L1	3 x L2	3 x L3
	Tuck Ups w/ Blocks	3 x 3	3 x 5	3 x 5
Day 4 - 6	Laying Down Straddle Ups	3 x 5	3 x 5	3 x 5
	Wall Scissors	3 x L1	3 x L2	3 x L3
	Straddle Ups w/Blocks	3 x 3	3 x 5	3 x 5
Day 7 - 9	Laying Down Pike Ups	3 x 5	3 x 5	3 x 5
	Wall Scissors	3 x L2	3 x L3	3 x L3
	Pike Ups w/Blocks	3 x 3	3 x 5	3 x 5
Day 10 - 12	Laying Down Tuck / Straddle / Pike	3 x 5	3 x 5	3 x 5
	Wall Scissors	3 x L2	3 x L3	3 x L3
	Tuck / Straddle / Pike w Blocks	3 x 3	3 x 6	3 x 6
END	Freestanding Inversion	1 min	2 min	5 min
	Meditation	5 min	5 min	5 min