



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.

September Focus

During the last months we have been focusing on slowly regaining the time to work on our handstands. This month we will revisit some of the fundamental entrances and inversions. The focus should be on effortless movements. Even if you are new to the practice or an experience handstander, search for a way to do 'less'. To find a line that is easier to balance and an easier (more effective) way to get on your hands.

Set a goal for your final handstand. Let's say your goal is 15 secs. At the end of the practice, repeat a freestanding handstand hold until you reach your goal. Give yourself a maximum of 5 attempts to reach it. Set yourself a goal for a time that feels easy to reach. If you cannot reach your goal within the 5 attempts, recalculate your goal.



FEATURED EVENTS

12 Days of Handstands Retreat
Koh Lanta, Thailand

Nov 30 to Dec 12, 2022

Waterline Adventure in Thailand

Dec 22 to Dec 30, 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

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CONTACT INFORMATION

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Training Program

DRILLS	LEVELS			DAYS
	1	2	3	
Warm Up Belly to the Wall Full Practice	6 x 5 sec	6 x 30 sec	6 x 1 min	Warm Up
Day 1 - 3 Laying Down Tuck Ups Tuck Ups w Blocks Headstand Forearm Balance with blocks	1 x 5	1 x 5	1 x 5	Day 1 - 3
	1 x 3	1 x 3	1 x 5	
	1 x 15 sec	1 x 30 sec	1 x 1 min	
	1 x 15 sec	1 x 30 sec	1 x 1 min	
Day 4 - 6 Laying Down Tuck Ups Tuck Ups w/ Blocks Headstand Forearm Balance w/ blocs	2 x 5	2 x 5	2 x 5	Day 4 - 6
	2 x 3	2 x 3	2 x 5	
	2 x 15 sec	2 x 30 sec	2 x 1 min	
	2 x 15 sec	2 x 30 sec	2 x 1 min	
Day 7 - 9 Laying Down Tuck Ups Tuck Ups w/ Blocks Headstand Forearm Balance w/ blocs	3 x 5	3 x 5	3 x 5	Day 7 - 9
	3 x 3	3 x 3	3 x 5	
	3 x 15 sec	3 x 30 sec	3 x 1 min	
	3 x 15 sec	3 x 30 sec	3 x 1 min	
Day 10 - 12 Laying Down Tuck Ups Tuck Ups w/ Blocks Headstand Forearm Balance w/ blocs	4 x 5	4 x 5	4 x 5	Day 10 - 12
	4 x 3	4 x 3	4 x 5	
	4 x 15 sec	4 x 30 sec	4 x 1 min	
	4 x 15 sec	4 x 30 sec	4 x 1 min	
END Freestanding Inversion Meditation	1x Goal	1x Goal	1x Goal	DAILY FINISH
	5 min	5 min	5 min	