



YogaSlackers

12 Days of Handstands

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Dec 2022: Time On Hands

Day	Original Challenge		Level 1		Level 2		Level 3	
Daily Start	Warm up of your choice		Warm up of your choice		Warm up of your choice		Warm up of your choice	
Day 1	1 min	Cumulative Handstand	15 sec	L- Dolphin on the Wall Cumulative Handstand	30 sec	Belly to the Wall Freestanding Handstand	1 min	Belly to the Wall (1 max) Freestanding Handstand
Day 2	2 min	Cumulative Handstand	30 sec	L- Dolphin on the Wall Cumulative Handstand	1 min	Belly to the Wall Freestanding Handstand	2 min	Belly to the Wall (2 max) Freestanding Handstand
Day 3	3 min	Cumulative Handstand	45 sec	L- Dolphin on the Wall Cumulative Handstand	1:30	Belly to the Wall Freestanding Handstand	3 min	Belly to the Wall (3 max) Freestanding Handstand
Day 4	4 min	Cumulative Handstand	1 min	L- Dolphin on the Wall Cumulative Handstand	2 min	Belly to the Wall Freestanding Handstand	4 min	Belly to the Wall (4 max) Freestanding Handstand
Day 5	5 min	Cumulative Handstand	1:15	L- Dolphin on the Wall Cumulative Handstand	2:30	Belly to the Wall Freestanding Handstand	5 min	Belly to the Wall (5 max) Freestanding Handstand
Day 6	6 min	Cumulative Handstand	1:30	L- Dolphin on the Wall Cumulative Handstand	3 min	Belly to the Wall Freestanding Handstand	6 min	Belly to the Wall (6 max) Freestanding Handstand
Day 7	7 min	Cumulative Handstand	1:45	L- Dolphin on the Wall Cumulative Handstand	3:30	Belly to the Wall Freestanding Handstand	7 min	Belly to the Wall (6 max) Freestanding Handstand
Day 8	8 min	Cumulative Handstand	2 min	L- Dolphin on the Wall Cumulative Handstand	4 min	Belly to the Wall Freestanding Handstand	8 min	Belly to the Wall (5 max) Freestanding Handstand
Day 9	9 min	Cumulative Handstand	2:15	L- Dolphin on the Wall Cumulative Handstand	4:30	Belly to the Wall Freestanding Handstand	9 min	Belly to the Wall (4 max) Freestanding Handstand
Day 10	10 min	Cumulative Handstand	2:30	L- Dolphin on the Wall Cumulative Handstand	5 min	Belly to the Wall Freestanding Handstand	10 min	Belly to the Wall (3 max) Freestanding Handstand
Day 11	11 min	Cumulative Handstand	2:45	L- Dolphin on the Wall Cumulative Handstand	5:30	Belly to the Wall Freestanding Handstand	11 min	Belly to the Wall (2 max) Freestanding Handstand
Day 12	12 min	Cumulative Handstand	3 min	L- Dolphin on the Wall Cumulative Handstand	6 min	Belly to the Wall Freestanding Handstand	12 min	Belly to the Wall (1 max) Freestanding Handstand
Plus	5 min	Meditation	5 min	Meditation	5 min	Meditation	10 min	Meditation

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IN PERSON TRAININGS

Waterline Adventure in Thailand
Dec 22 to Dec 30, 2022

Ireland Cycling Adventure
Apr 22 to Dec 28, 2023

CONTACT US

www.YogaSlackers.com
YogaSlackers@gmail.com

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