



YogaSlackers

12 Days of Handstands

Jan 2023: Original Challenge

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Day	Original Challenge	Level 1	Level 2	Level 3
Day 1	1 min Cumulative Freestanding Handstand 1 min Meditation	Substitute Plank Holds instead of Freestanding Handstands. Focus on keeping your arms straight, protraction through your shoulder and the core active.	Start the timer as soon as your feet leave the ground. Do not worry about form too much. Keep your focus on time on your hands. You can take the entire day to finish.	Start and end your timer once you have reached your free and straight handstand. Focus on form. Attempt to finish in one training session.
Day 2	2 min Cumulative Freestanding Handstand 2 min Meditation			
Day 3	3 min Cumulative Freestanding Handstand 3 min Meditation			
Day 4	4 min Cumulative Freestanding Handstand 4 min Meditation			
Day 5	5 min Cumulative Freestanding Handstand 5 min Meditation			
Day 6	6 min Cumulative Freestanding Handstand 6 min Meditation			
Day 7	7 min Cumulative Freestanding Handstand 7 min Meditation			
Day 8	8 min Cumulative Freestanding Handstand 8 min Meditation			
Day 9	9 min Cumulative Freestanding Handstand 9 min Meditation			
Day 10	10 min Cumulative Freestanding Handstand 10 min Meditation			
Day 11	11 min Cumulative Freestanding Handstand 11 min Meditation			
Day 12	12 min Cumulative Freestanding Handstand 12 min Meditation			

Training Together for 7 Years & Counting!

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[Ireland Cycling Adventure](#)
Apr 22 to Dec 28, 2023

CONTACT US

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