



YogaSlackers

12 Days of Handstands

Sept 2023: Pike Up & Down

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| LEVEL 1 | | | LEVEL 2 | | | LEVEL 3 | | |
|--------------|------------|---|--------------|--|-----------------------------------|--|----------|-------------------------|
| DRILLS | Day 1 - 4 | WARM UP Warm Up Sequence 1 | Day 1 - 4 | WARM UP BTG, WTD & BTW (15-10-10) | Day 1 - 4 | WARM UP BTG, Wall Tightness & BTW (15-20-20) | | |
| | | 3 x 3 Supine Pike Up | | 1 x 2 Level 1 Drills (substitute crow for crane) | | 1 x 1 Level 2 Drills | | |
| | | 3 x 15 sec Crow Pose w/ blocks | | 3 x 15 sec Single Leg Pike on Wall (similar to this) | | 3 x 3 sec 1st Position Pike Hold | | |
| | | 3 x 3 Headstands Pike Up / Down | | 3 x 5 Pike Up w/blocks | | 5 x Pike Up/Slow Pike Press Down w/blocks | | |
| | Day 5 - 8 | WARM UP Warm Up Sequence 2 | Day 5 - 8 | WARM UP 6x 20 sec WTD & 40 sec BTW | Day 5 - 8 | WARM UP Wall Tightness & Belly to Wall (20-40) | | |
| | | 3 x 3 Plank to Pike Press Drill | | 5 x 3 Pike Up w/blocks | | 4 x 3 Single Leg Pike on Wall (similar to this) | | |
| | | 3 x 3 Headstand Pike Up/Down | | 5 x .5 sec 1st Position Pike 'Hold' | | 5 x 1 sec Pike Up/ Pike Press Down/ Hold the Pike | | |
| | Day 9 - 12 | 5 x 15 sec Belly to the Ground (BTG) | Day 9 - 12 | WARM UP 6x 1 min BTW | Day 9 - 12 | WARM UP Belly to Wall (BTW, 1 min) | | |
| | | 5 x 10 sec Wall Tightness Drill (WTD) | | 3 x 1 sec 1st Position Pike Hold | | 5 x 5 Kneeling Pike to Straight | | |
| | | 5 x 5 sec Belly to the Wall (BTW) | | 3 x 3 Slow Pike Down | | 5 x 3 Pike Press Down/Up | | |
| | | 5 x 1 Pike Up with Blocks | | x 20 Straight > Pike > Straight | | 3 x 10 Straight > Pike > Straight | | |
| DAILY FINISH | 5 min | Meditation | DAILY FINISH | 5 x goal | Freestanding Handstands w/ blocks | DAILY FINISH | 5 x goal | Freestanding Handstands |
| | | | | 5 min | Meditation | | 5 min | Meditation |



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Yoga, Handstands, Slackline & AcroYoga
Dec 18 - 24, 2023

YogaSlackers Teacher Training

Yoga, Handstands, Slackline & AcroYoga
Dec 18, 2023 - Jan 3, 2024

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www.YogaSlackers.com
YogaSlackers@gmail.com

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