



YogaSlackers

12 Days of Handstands

Feb 2024: Crow and Headstand

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Beginner			Intermediate			Advanced		
Warm Up	3 x 15 sec	Belly to the Ground	Warm Up	6 x 15 sec	Belly to the Ground	Warm Up	6 x 15 sec	Belly to the Ground
	20 sec	Wall Tightness Drill		20 sec	Wall Tightness Drill		20 sec	Wall Tightness Drill
	up/down	Wall Scissors Level 1		10 sec	Wall Scissors Level 2		20 sec	Wall Scissors Level 2
Day 1 - 3	2 x 10 sec	Plank Hold w Blocks	Day 1 - 3	2 x 5	Supine Tuck Ups	Day 1-3	3 x 5	Supine Tuck Ups
	2 x 5	Supine Tuck Ups		2 x 5	Headstand Tuck Ups		3 x 5	Headstand Tuck Ups
	2 x 5 sec	Crow w Blocks		2 x 10 sec	Crow w Blocks		3 x 20 sec	Crow w Blocks
Day 4 - 6	2 x 10 sec	Side Plank Hold w Blocks	Day 4 - 6	2 x 5	Supine Straddle Ups	Day 4 - 6	3 x 5	Supine Straddle Ups
	2 x 5	Supine Straddle Ups		2 x 15 sec	Headstand Straddle Ups		3 x 30 sec	Headstand Straddle Ups
	2 x 10 sec	Crow w Blocks		2 x 5	Crow w Blocks		3 x 5	Crow w Blocks
Day 7 - 9	3 x 15 sec	Plank Hold w Blocks	Day 7 - 9	3 x 5	Supine Pike Ups	Day 7 - 9	3 x 5	Supine Pike Ups
	3 x 5	Supine Pike Ups		3 x 5	Headstand Pike Up / Pike Down		3 x 5	Headstand Pike Up/Down
	3 x 15 sec	Crow w Blocks		3 x 20 sec	Crow w Blocks		3 x 45 sec	Crow w Blocks
Day 10 - 12	3 x 15 sec	Side Plank Hold w Blocks	Day 10 - 12	3 x 6	Supine Tuck / Straddle / Pike	Day 10 - 12	3 x 6	Supine Tuck / Straddle / Pike
	3 x 6	Supine Tuck / Straddle / Pike		3 x 6	Headstand Tuck / Straddle / Pike		3 x 6	Headstand Tuck / Straddle / Pike
	3 x 20 sec	Crow w Blocks		3 x 5 sec	Crow to Crane w Blocks		3 x 10 sec	Crow to Crane w Blocks
Daily Finish	3 x 3	Headstand Tuck Up	Plus	5x	1/2 Handstand Personal Record	Plus	5x	2/3 Handstand Personal Record
	5 min	Meditation		5 min	Meditation		5 min	Meditation



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Yoga, Handstands, Slackline & AcroYoga
Dec 1 - 8, 2024

YogaSlackers Teacher Training

Yoga, Handstands, Slackline & AcroYoga
Dec 1 - 18, 2024

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