



YogaSlackers

12 Days of Handstands

MAY 2024: FREE HANDSTANDS

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DAY	Exc	LEVEL 1	LEVEL 2	LEVEL 3
1-12	Belly to the Ground	15 sec	2x 30 sec	3x 30 sec
	Belly to the Wall	15 sec	2x 30 sec	3x 30 sec
	Your Free Handstand Goal			



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IN PERSON EVENTS

Thailand Retreat

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

YogaSlackers Teacher Training

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

CONTACT US

www.YogaSlackers.com
YogaSlackers@gmail.com

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