

JULY 2024: MID YEAR CHECK



YogaSlackers

12 Days of Handstands

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LEVEL 1	LEVEL 2	LEVEL 3																																										
HEADSTAND FLOW 15 sec each	HANDSTAND STATIC HOLDS 15 sec each	<table><tr><td>DAY 1</td><td>30 sec</td><td>Straight</td></tr><tr><td>DAY 2</td><td>30 sec</td><td>Diamond</td></tr><tr><td>DAY 3</td><td>30 sec</td><td>Turn Signal (Flag Prep)</td></tr><tr><td>DAY 4</td><td>30 sec</td><td>Straddle</td></tr><tr><td>DAY 5</td><td>30 sec</td><td>Split</td></tr><tr><td>DAY 6</td><td>30 sec</td><td>Double Staggered</td></tr><tr><td>DAY 7</td><td>30 sec</td><td>Frog</td></tr><tr><td>DAY 8</td><td>30 sec</td><td>Tuck</td></tr><tr><td>DAY 9</td><td>30 sec</td><td>Pike</td></tr><tr><td>DAY 10</td><td>30 sec</td><td>Front Split or Open Staggered</td></tr><tr><td>DAY 11</td><td>30 sec</td><td>Eagle</td></tr><tr><td>DAY 12</td><td>30 sec</td><td>Lotus</td></tr><tr><td>BONUS</td><td></td><td>Press Down to Crow Variation</td></tr><tr><td>END</td><td></td><td>5 min Meditation</td></tr></table>	DAY 1	30 sec	Straight	DAY 2	30 sec	Diamond	DAY 3	30 sec	Turn Signal (Flag Prep)	DAY 4	30 sec	Straddle	DAY 5	30 sec	Split	DAY 6	30 sec	Double Staggered	DAY 7	30 sec	Frog	DAY 8	30 sec	Tuck	DAY 9	30 sec	Pike	DAY 10	30 sec	Front Split or Open Staggered	DAY 11	30 sec	Eagle	DAY 12	30 sec	Lotus	BONUS		Press Down to Crow Variation	END		5 min Meditation
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