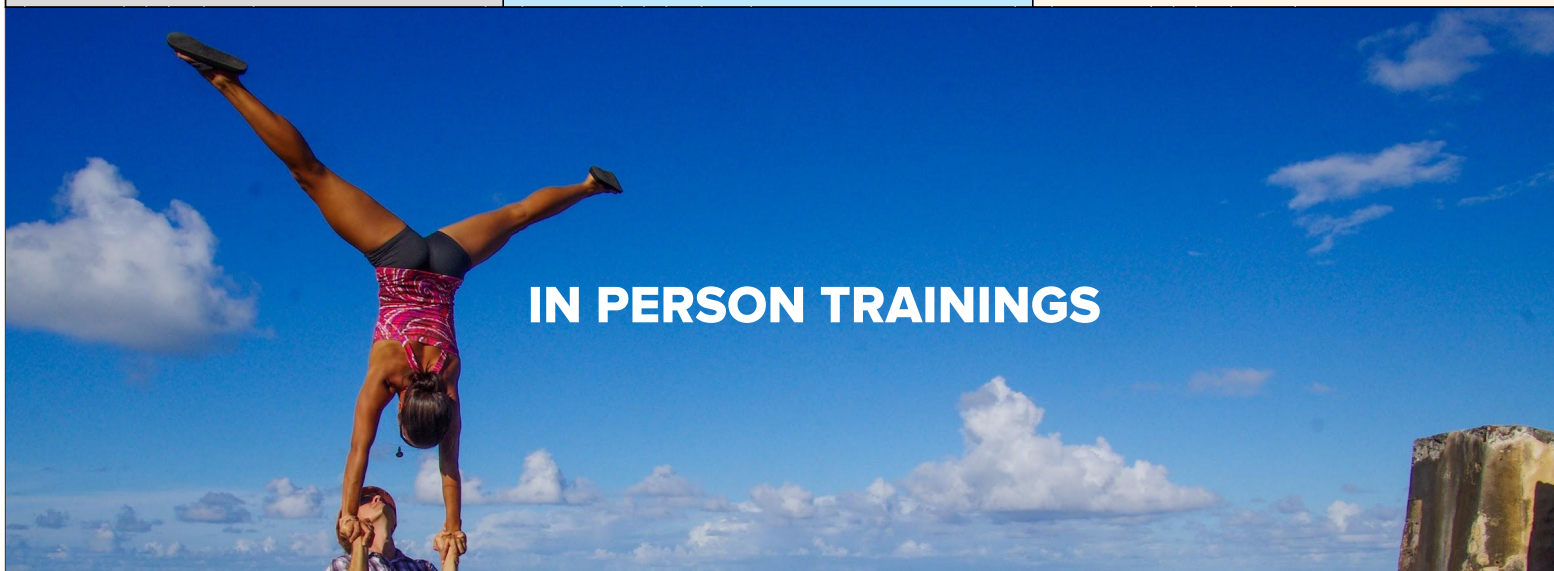


LEVEL 1	LEVEL 2	LEVEL 3
WARM UP Sequence Yoga Warm Up	WARM UP Sequence 6 x Belly to Ground, Wall Tightness Drill & Belly to Wall	WARM UP Sequence 6 x Belly to Ground, Wall Tightness Drill & Belly to Wall
DAY 1-3 1 x 15 sec Belly to the Ground 1 x 5 sec Wall Tightness Drill 1 x 3 Supine Straddle Ups 1 x 1 Headstand Straddle Ups	DAY 1-3 2 x 3 Supine Straddle Ups 2 x 3 Headstand Straddle Ups 2 x 1 sec 1st Position Hold - On Wall 2 x 3 Straddle Ups	DAY 1-3 2 x 5 Supine Straddle Ups 2 x 5 Headstand Straddle Ups 2 x 5 sec 1st Position Hold - On Wall 2 x 5 Straddle Ups
DAY 4-6 2 x 15 sec Belly to the Ground 2 x 10 sec Wall Tightness Drill 2 x 5 Supine Straddle Ups 2 x 3 Headstand Straddle Ups	DAY 4-6 3 x 3 Supine Straddle Ups 3 x 3 Headstand Straddle Ups 3 x 3 Straddle Ups 3 x 1 sec Slow Straddle Press Down - On Wall	DAY 4-6 3 x 5 Supine Straddle Ups 3 x 5 Headstand Straddle Ups 3 x 5 Straddle Ups 3 x 5 Slow Straddle Press Down - On Wall
DAY 7-9 3 x 15 sec Belly to the Ground 3 x 15 sec Wall Tightness Drill 3 x 3 Supine Straddle Ups 3 x 3 Headstand Straddle Ups	DAY 7-9 4 x 3 Supine Straddle Ups 4 x 3 Headstand Straddle Ups 4 x 3 sec 1st Position Hold - On Wall 4 x 3 Straddle Ups	DAY 7-9 4 x 5 Supine Straddle Ups 4 x 5 Headstand Straddle Ups 4 x 5 sec 1st Position Hold - On Wall 4 x 5 Straddle Ups
DAY 10-12 4 x 15 sec Belly to the Ground 4 x 20 sec Wall Tightness Drill 4 x 5 Supine Straddle Ups 4 x 3 Headstand Straddle Ups	DAY 10-12 5 x 3 Supine Straddle Ups 5 x 3 Headstand Straddle Ups 5 x 3 Straddle Ups 5 x 3 Freestanding Straddle Hold w/ 5 sec hold	DAY 10-12 5 x 5 Supine Straddle Ups 5 x 5 Headstand Straddle Ups 5 x 5 Straddle Ups 5 x 5 Freestanding 1st Position Hold w/ 5 sec hold
PLUS 3 x 10 sec Wall Scissors 2 min Meditation	PLUS 3 min Freestanding Handstands Even Days = Open Straddle Odd Days = Pike Straddle - Meditation	PLUS 5 x goal Freestanding Handstands Even Days = Open Straddle Odd Days = Pike Straddle 3 min Meditation



IN PERSON TRAININGS

FOLLOW US

UPCOMING EVENTS

CONTACT US

 @yogaslackers
@poweredbyyoga

 /YogaSlackers
 C/YogaSlackers

[NEW YEAR'S CLIMBING & SURF RETREAT](#)
Puerto Rico
Dec 29, 2025 to Jan 3, 2026

[CUBA CLIMBING RETREAT](#)
AcroYoga, Slackline Yoga, Handstands
Jan 10-17, 2026

www.YogaSlackers.com/Events

yogaslackers@gmail.com 

SUPPORT THIS PROGRAM 
Monthly Subscriptions
\$10 or **\$20**

Direct Contributions on
[Venmo](#) or [Paypal](#)