



LEVEL 1			LEVEL 2			LEVEL 3		
WARM UP Sequence	Yoga Warm Up		WARM UP Sequence	6 x	Wall Tightness Drill & Belly to the Ground	WARM UP Sequence	6 x	Wall Tightness Drill & Belly to the Ground
	1 x 15 sec	Belly to the Ground		2 x 3	Supine Tuck Ups		2 x 5	Supine Tuck Ups
	1 x 15 sec	Plank w Blocks		2 x 3 sec	Tuck Hold on Wall		2 x 5 sec	Tuck Hold on Wall
	1 x 3	Supine Tuck Ups		2 x 2	Tuck on Pillar with Single Leg Extension		2 x 2	Tuck on Pillar with Single Leg Extension
	1 x 1	Headstand Tuck Ups		2 x 3	Headstand Tuck Ups		2 x 5	Headstand Tuck Ups
DAY 1-3	1 x 15 sec	Belly to the Ground	DAY 1-3	2 x 3	Supine Tuck Ups	DAY 1-3	2 x 5	Supine Tuck Ups
	1 x 15 sec	Plank w Blocks		2 x 3 sec	Tuck Hold on Wall		2 x 5 sec	Tuck Hold on Wall
	1 x 3	Supine Tuck Ups		2 x 2	Tuck on Pillar with Single Leg Extension		2 x 2	Tuck on Pillar with Single Leg Extension
	1 x 1	Headstand Tuck Ups		2 x 3	Headstand Tuck Ups		2 x 5	Headstand Tuck Ups
DAY 4-6	2 x 15 sec	Belly to the Ground	DAY 4-6	3 x 3	Supine Tuck Ups	DAY 4-6	3 x 5	Supine Tuck Ups
	2 x 5 sec	Crow w Blocks		3 x 3	Tuck on Pillar with Single Leg Extension		3 x 3	Tuck on Pillar with Single Leg Extension
	2 x 5	Supine Tuck Ups		3 x 3	Headstand Tuck Ups		3 x 5	Headstand Tuck Ups
	2 x 3	Headstand Tuck Ups		3 x 1 sec	Freestanding Tuck Hold		3 x 5	Freestanding Tuck Hold w/ 2 sec hold
DAY 7-9	3 x 15 sec	Belly to the Ground	DAY 7-9	4 x 5	Supine Tuck Ups	DAY 7-9	4 x 5	Supine Tuck Ups
	3 x 15 sec	Plank w Blocks		4 x 4	Tuck on Pillar with Single Leg Extension		4 x 4	Tuck on Pillar with Single Leg Extension
	3 x 3	Supine Tuck Ups		4 x 3 sec	Tuck Hold on Wall		4 x 5 sec	Tuck Hold on Wall
	3 x 3	Headstand Tuck Ups		4 x 4	Headstand Tuck Ups		4 x 5	Headstand Tuck Ups
DAY 10-12	4 x 15 sec	Belly to the Ground	DAY 10-12	5 x 5	Supine Tuck Ups	DAY 10-12	5 x 5	Supine Tuck Ups
	4 x 5 sec	Crow w Blocks		5 x 4	Tuck on Pillar with Single Leg Extension		5 x 5	Tuck on Pillar with Single Leg Extension
	4 x 5	Supine Tuck Ups		5 x 3	Headstand Tuck Ups		5 x 5	Headstand Tuck Ups
	4 x 3	Headstand Tuck Ups		5 x 1	Handstand to Crow		5 x 2	Handstand to Crow
PLUS	3 x 2	Tuck Ups	PLUS	3 x 3	Tuck Ups	PLUS	3 x 5	Tuck Ups
	2 x 3	Tuck on Pillar with Single Leg Extension		3 min	Freestanding Handstands		3 x goal	Freestanding Handstands
	2 min	Meditation			Meditation		3 min	Meditation



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