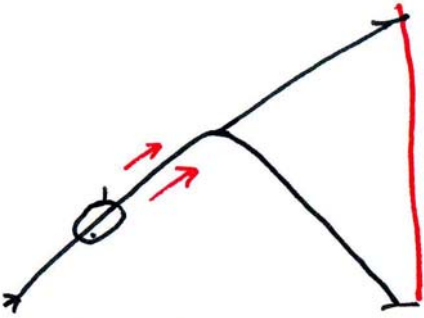
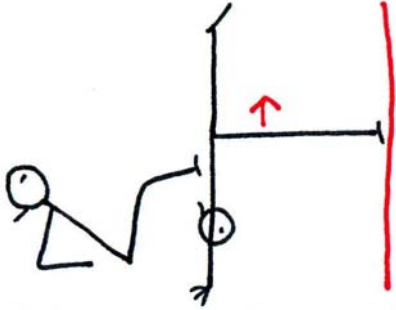
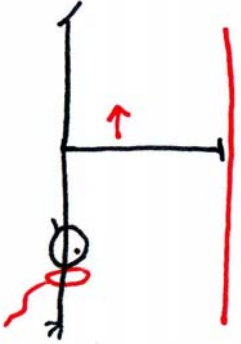
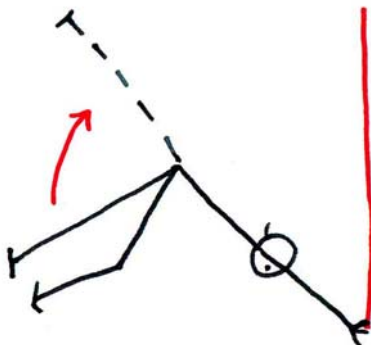
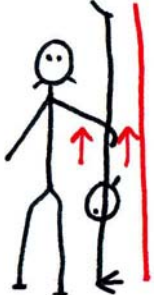



# Options for Handstand

## Adho Mukha Vrksasana

 <p><b>Adho Mukha Svanasana</b> (Down Dog @ Wall)</p>	<ul style="list-style-type: none"> <li>• From All Fours with feet touching wall</li> <li>• Lift knees into Down Dog</li> <li>• Raise R leg up wall with toes turned under, keeping hips square and core strong – hold up to <b>1 minute each leg</b></li> </ul>	 <p><b>Partner Ardha Adho Mukha Vrksasana</b> (Partner Half Handstand @ wall)</p>	<p><b>PARTNER POSE:</b></p> <ul style="list-style-type: none"> <li>• Sit with back to wall and legs straight to measure leg length</li> <li>• Place hands where heels were and come into Down Dog</li> <li>• Partner lies on back and places feet on your shoulder blades</li> <li>• Step R foot hip-height on wall with knee bent, press foot into wall as you raise L foot to meet R, ground legs toward ceiling – hold <b>1-2 minutes</b>.</li> </ul>
 <p><b>Ardha Adho Mukha Vrksasana</b> (Strapped Half Handstand @ wall)</p>	<ul style="list-style-type: none"> <li>• Sit with back to wall and legs straight to measure leg length</li> <li>• Place shoulder-width strap around upper arms and place hands where heels were, come into Down Dog</li> <li>• Step R foot hip-height on wall with knee bent, press foot into wall as you raise L foot to meet R, ground legs toward ceiling – hold <b>1-2 minutes</b>.</li> </ul>	 <p><b>Practice Kicking Up</b></p>	<ul style="list-style-type: none"> <li>• Come into Down Dog with hands a few inches away from wall</li> <li>• Walk R foot in a few inches and bend knee</li> <li>• Swing L leg up towards wall and hop on R foot <b>3-5 times</b></li> <li>• Switch to R leg, hopping on L foot <b>3-5 times</b>.</li> </ul>
 <p><b>Partner Adho Mukha Vrksasana</b> (Partner Handstand)</p>	<p><b>PARTNER POSE:</b></p> <ul style="list-style-type: none"> <li>• PARTNER stands with back to wall and asks which leg you will kick up with.</li> <li>• Come into Down Dog with hands in front of partners feet</li> <li>• Bend one knee and step that foot in, kick up with other leg</li> <li>• PARTNER – lean away from leg kicking up to protect your face – hold their HIPS to keep them steady, stay <b>10-20 breaths</b>, release to Uttanasana.</li> </ul>	 <p><b>Full Adho Mukha Vrksasana</b> (Full Handstand)</p>	<ul style="list-style-type: none"> <li>• Come into Down Dog with hands a few inches away from wall</li> <li>• Walk one foot in, knee bent; swing other leg up towards wall as you hop on first foot.</li> <li>• Your hips have to go over your head in order for you to go up.</li> <li>• Rest heels against wall and lengthen tail towards ceiling, keeping shoulders strong.</li> <li>• Stay <b>up to 1 minute</b>, release into Uttanasana</li> </ul>