

40 MOST FUNDAMENTAL **SLACKLINE** POSTURES

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SLACKLINEMASTERY.COM



Hi!

My name is Julien Desforges.

I've been slacklining for 18 years now and it's always an honour and a pleasure to share my knowledge and passion with those willing to learn.

I certainly believe that slacklining is more than a sport! As many people say, it's a form of active meditation.

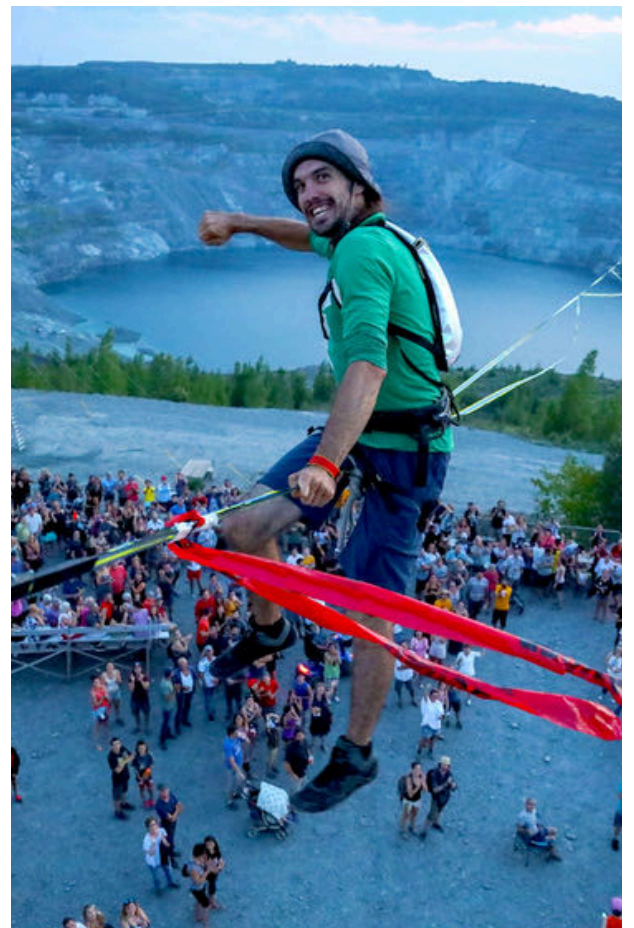
For me it has always been a way to stay physically and mentally healthy. It's been a reason to spend time outdoors, travel the world and make new friends.

15 years ago, I created Slackline Montreal

A local business providing slackline products and setting up lines at public events and schools.

Over the years, I've spent countless hours on a slackline. I taught thousands of beginners, organized several highline festivals, performed slackline and highline shows all around the world, walked across lines up to 2km long, and even spent 5 hours on a slackline!

At this point in my life, my main goal is to share what I learned on the line. And that's why I created this document along with a complete online course, available at SLACKLINEMASTERY.COM





a few words about

SLACKLINEMASTERY

Slackline Mastery is an online course designed to take people on a journey from slackline beginner to slackline master.

It's ideal for slackliners of all levels wanting to dive deeper into their practice and get new ideas and tools to grow and transform.

THE SLACKLINE MASTERY BUNDLE COMBINES 5 COURSES

each covering a fundamental aspect
of the slackline practice



1. ULTIMATE GUIDE FOR SLACKLINE BEGINNERS
2. CREATING SLACKLINE POSTURES AND TRANSITIONS
3. MASTERING WALKING AND TURNING ON A SLACKLINE
4. MOUNTING SLACKLINES, LONGLINES AND HIGHLINES
5. BOUNCING, SURFING AND DANCING ON A SLACKLINE

FIND MORE INFORMATION AT

SLACKLINEMASTERY.COM

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ESSENTIAL STANDING POSTURES

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STANDING ON 2 FEET



STANDING ON 1 FOOT



WEIGHT ON FRONT FOOT



WEIGHT ON BACK FOOT



TRIANGLE POSE



WARRIOR POSE





STANDING ON TOES





STANDING ON HEALS



THE TWIST



3

CROUCHING POSTURES

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CROUCHING
WITH STRAIGHT FEET





CROUCHING
WITH ANGLED FEET





LOW SQUAT

4

POSTURES
STANDING
ON 1 FOOT

SLACKLINEMASTERY.COM



LEG RAISE



KNEELIFT





ARABESQUE



STANDING PIGEON

5

POSTURES
STANDING
“EXPOSURE”

SLACKLINEMASTERY.COM



EXPOSURE STANCE





EXPOSURE STICK





HORSE STANCE





CHAIR



CLOSED CHAIR



4

POSTURES
ON ANKLES

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SINGLE DROP KNEE





HALF SPLIT





REVERSE DROP KNEE



DOUBLE DROP KNEE

4

POSTURES
ON KNEES

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PRAYER POSE



KNEE PLANK



ONE KNEE ONE FOOT



ONE KNEE

4

SITTING POSTURES

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SITTING STRAIGHT





SITTING AT AN ANGLE



EXPOSURE SIT





SIDE SIT



3

POSTURES
ON HIPS

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BIRDY





BELLY REST





BACK REST



2

**PLANKING
POSTURES**

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OPPOSITE PLANK





UPWARD FACING PLANK



SIDE PLANK





CROSSED PLANK

ARE YOU READY
TO BRING YOUR
SLACKLINE
PRACTICE
TO THE NEXT LEVEL?



CLICK HERE TO GET THE
SLACKLINE MASTERY
ONLINE COURSE

AND START LEARNING WITH A PRO TODAY!



FIND MORE INFORMATION AT

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