

THE 30-DAY YOGA CHALLENGE

30 days · 30 sessions · 8 to 25 minutes · tick each box when done

DAY 1 10 min ☐ Arrive Easy Pose · Cat-Cow · Child's Pose · Corpse Pose	DAY 2 10 min ☐ Spine wake-up Cat-Cow · Table Top Pose · Puppy Pose · Sphinx Pose · Child's Pose	DAY 3 12 min ☐ Downward dog Table Top Pose · Downward-Facing Dog · Child's Pose · Low Lunge · Corpse Pose	DAY 4 12 min ☐ Stand tall Mountain Pose · Standing Forward Bend · Chair Pose · Tree Pose · Corpse Pose	DAY 5 15 min ☐ Hips Low Lunge · Butterfly Pose · Reclined Butterfly · Happy Baby Pose · Supine Twist	DAY 6 10 min ☐ Morning flow Morning yoga sequence
DAY 7 10 min ☐ Easy day Legs Up the Wall · Reclined Butterfly · Corpse Pose	DAY 8 15 min ☐ Warriors Mountain Pose · Warrior Poses · Extended Side Angle · Triangle Pose · Corpse Pose	DAY 9 15 min ☐ Back body Sphinx Pose · Cobra Pose · Locust Pose · Bridge Pose · Child's Pose	DAY 10 15 min ☐ Sun salutation Sun Salutation · Downward-Facing Dog · Cobra Pose · Child's Pose · Corpse Pose	DAY 11 15 min ☐ Balance Standing balance sequence	DAY 12 12 min ☐ Twists and side body Cat-Cow · Gate Pose · Seated Twist · Supine Twist · Corpse Pose
DAY 13 15 min ☐ Core Core strength sequence	DAY 14 10 min ☐ Easy day Bedtime wind-down sequence	DAY 15 15 min ☐ Hamstrings Downward-Facing Dog · Pyramid Pose · Standing Forward Bend · Reclined Hand to Big Toe Pose · Seated Forward Bend	DAY 16 12 min ☐ Shoulders Puppy Pose · Cow Face Pose · Eagle Pose · Shoulder stretches · Child's Pose	DAY 17 20 min ☐ Hip opening Hip-opening sequence	DAY 18 15 min ☐ Gentle strength Plank Pose · Side Plank · Chair Pose · Crescent Lunge · Child's Pose
DAY 19 12 min ☐ Side body Gate Pose · Extended Side Angle · Triangle Pose · Half Moon Pose · Corpse Pose	DAY 20 12 min ☐ Moon salutation Moon salutation	DAY 21 10 min ☐ Easy day Supported Child's Pose · Legs Up the Wall · Corpse Pose	DAY 22 20 min ☐ Beginner sequence Beginner yoga sequence	DAY 23 15 min ☐ Low backbends Cat-Cow · Sphinx Pose · Locust Pose · Bridge Pose · Supine Twist	DAY 24 12 min ☐ Legs and feet Mountain Pose · Calf stretches · Garland Pose · Foot stretches · Corpse Pose
DAY 25 15 min ☐ Standing flow Sun Salutation · Warrior Poses · Triangle Pose · Pyramid Pose · Standing Forward Bend	DAY 26 15 min ☐ Core and balance Boat Pose · Tree Pose · Eagle Pose · Dancer Pose · Corpse Pose	DAY 27 8 min ☐ Desk-day reset Desk-break sequence	DAY 28 10 min ☐ Easy day Reclined Butterfly · Happy Baby Pose · Supine Twist · Legs Up the Wall	DAY 29 20 min ☐ Your favourites Sun Salutation · Warrior Poses · Tree Pose · Bridge Pose · Corpse Pose	DAY 30 25 min ☐ One full practice Sun Salutation · Warrior Poses · Triangle Pose · Tree Pose · Seated Forward Bend · Supine Twist · Corpse Pose