



30 DAY YOGA CHALLENGE

WEEK 1: FOUNDATIONS AND BREATH

DAY 1: INTRODUCTION TO YOGA FOCUS: Understanding your practice INTENTION: Set a personal intention for the challenge	 TADASANA	DAY 2: BREATH AWARENESS FOCUS: Pranayama (breath control) INTENTION: Practice deep deep breathing for 5 mins.	 SUKHASANA	DAY 3: STANDING STRONG FOCUS: Building Strength INTENTION: Embrace your inner warrior.	 WARRIOR 1
DAY 4: GROUNDING FOCUS: Stability and Balance INTENTION: Feel rooted and balanced.	 TREE POSE	DAY 5: FORWARD FOLD FOCUS: Flexibility in the hamstrings INTENTION: Release tension and let go.	 UTTANASANA	DAY 6: HEART OPENING FOCUS: Expanding the chest INTENTION: Open your heart to new experiences.	 BHUJANGASANA
DAY 7: REST & REFLECT FOCUS: Gentle stretch and meditation INTENTION: Reflect on your week and recharge.	 BALASANA				

WEEK 2: CORE STRENGTH & BALANCE

DAY 8: CORE CONNECTION FOCUS: Engaging the core INTENTION: Build core strength & stability.	 NAVASANA	DAY 9: SIDE STRETCH FOCUS: Lateral flexibility INTENTION: Expand your horizons.	 SIDE ANGLE POSE	DAY 10: BALANCE CHALLENGE FOCUS: Enhancing Balance INTENTION: Find balance in your life.	 WARRIOR III
DAY 11: FLOW WITH SUN SALUTATIONS FOCUS: Flow and Movement INTENTION: Energize your body.	 SURYA NAMASKAR A	DAY 12: RESTORATIVE DAY FOCUS: Rest and Recovery INTENTION: Restore and Rejuvenate.	 VIPARITA KARANI	DAY 13: TWIST FOR DETOX FOCUS: Spinal Twists INTENTION: Release tension and detoxify.	 SEATED TWIST

**DAY 14:
REFLECT & JOURNAL**

FOCUS: Reflection

INTENTION: Journal about your experiences so far.



ANY SEATED POSITION

WEEK 3: HEART AND MIND

**DAY 15:
HEART CHAKRA**

FOCUS: Opening the heart

INTENTION: Connect with love and compassion.



USTRASANA

**DAY 16:
MINDFULNESS IN MOVEMENT**

FOCUS: Slow flow

INTENTION: Be present in your body.

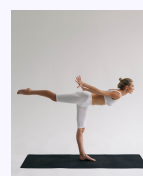


CAT-COW STRETCH

**DAY 17:
STANDING BALANCE**

FOCUS: Core and leg strength

INTENTION: Cultivate focus and clarity.



HALF-MOON POSE

**DAY 18:
INVERSION DAY**

FOCUS: Inversion practice

INTENTION: Shift your perspective.

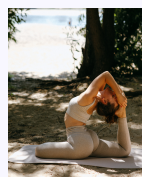


DOWNWARD DOG

**DAY 19:
HIP OPENERS**

FOCUS: Releasing tight hips

INTENTION: Let go of what no longer serves you.



PIGEON POSE

**DAY 20:
MEDITATION AND STILLNESS**

FOCUS: Finding peace within

INTENTION: Cultivate inner calm.



SEATED MEDITATION

**DAY 21:
GRATITUDE PRACTICE**

FOCUS: Expressing gratitude

INTENTION: Write down 3 things you're grateful for.



FISH POSE

WEEK 4: INTEGRATION & EXPLORATION

**DAY 22:
POWER & STRENGTH**

FOCUS: Building Strength

INTENTION: Embrace your strength.



PLANK POSE

**DAY 23:
BREATH AWARENESS**

FOCUS: Moving with ease

INTENTION: Flow with grace.



GENTLE VINAYASA FLOW

**DAY 24:
RESTORATIVE PRACTICE**

FOCUS: Deep Relaxation

INTENTION: Allow your body to relax



SUPPORTED BRIDGE POSE

**DAY 25:
CHAKRA BALANCING**

FOCUS: Energy centers

POSE: Choose poses that align with specific chakras

INTENTION: Balance your energy.

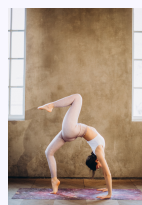


**DAY 26:
EXPLORE NEW POSES**

FOCUS: Try a new pose

POSE: Choose a pose you haven't tried

INTENTION: Step out your comfort zone.



**DAY 27:
GROUP CLASS OR ONLINE SESSION**

FOCUS: Community practice

POSE: Any favorite pose

INTENTION: Connect with others.



**DAY 28:
REFLECTIVE PRACTICE**

FOCUS: Reflection and
Self-discovery

INTENTION: Reflect on
your journey.



MEDITATION

FINAL DAYS: CELEBRATION & INTEGRATION

**DAY 29:
CELEBRATION FLOW**

FOCUS: Celebration of your
practice

POSE: Creative flow
(combine favorite poses)

INTENTION: Celebrate your
progress & commitment.



**DAY 30:
CLOSING CEREMONY**

FOCUS: Integration of
experiences

POSE: Savasana (corpse
pose)

INTENTION: Honor your journey
and set intentions moving forward.

