yogalike

30-day yoga challenge calendar

A few minutes a day for 30 days · tick each day off as you go

Day 1 ☐  Mountain Pose about 1 min	Day 2 ☐  A shallow Chair about 1 min	Day 3 ☐  Beginner standing sequence about 7 min	Day 4 ☐  Arms overhead about 1 min	Day 5 ☐  Gentle morning sequence about 6 min
Day 6 ☐  Tree Pose, foot on the calf about 2 min	Day 7 ☐  Rest rest day	Day 8 ☐  Standing balance about 6 min	Day 9 ☐  Downward-Facing Dog, knees bent about 1 min	Day 10 ☐  Baby Cobra about 1 min
Day 11 ☐  Warrior II, shorter stance about 2 min	Day 12 ☐  Warrior flow about 8 min	Day 13 ☐  Knees-down plank about 1 min	Day 14 ☐  Rest rest day	Day 15 ☐  Recap: beginner standing about 7 min
Day 16 ☐  Chair Pose, arms overhead about 1 min	Day 17 ☐  Triangle with a block about 2 min	Day 18 ☐  Warrior I, arms overhead about 2 min	Day 19 ☐  Core strength about 6 min	Day 20 ☐  Tree Pose, foot on the thigh about 3 min
Day 21 ☐  Rest rest day	Day 22 ☐  Recap: gentle morning about 6 min	Day 23 ☐  Downward-Facing Dog, legs straight about 1 min	Day 24 ☐  Warrior II, full stance about 3 min	Day 25 ☐  Full plank about 1 min
Day 26 ☐  Recap: warrior flow about 8 min	Day 27 ☐  Warrior III, hands on hips about 2 min	Day 28 ☐  Rest rest day	Day 29 ☐  Triangle, hand to shin about 3 min	Day 30 ☐  A full minute in Mountain about 2 min

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/challenge?from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.