



30 days of
YOGA

30 days of **YOGA**

Day 1

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Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

30 days of **YOGA**

Day 2

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Hold each pose for 20 seconds then move on to the next one.
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30 days of **YOGA**

Day 3

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5 minutes
meditation

30 days of YOGA

Day 4

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Hold each pose for 20 seconds then move on to the next one.
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30 days of **YOGA**

Day 5

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Hold each pose for 20 seconds then move on to the next one.
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30 days of **YOGA**

Day 6

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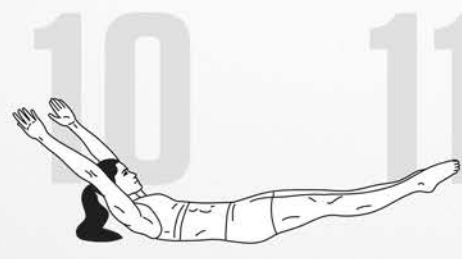


5 minutes
meditation

30 days of YOGA

Day 7

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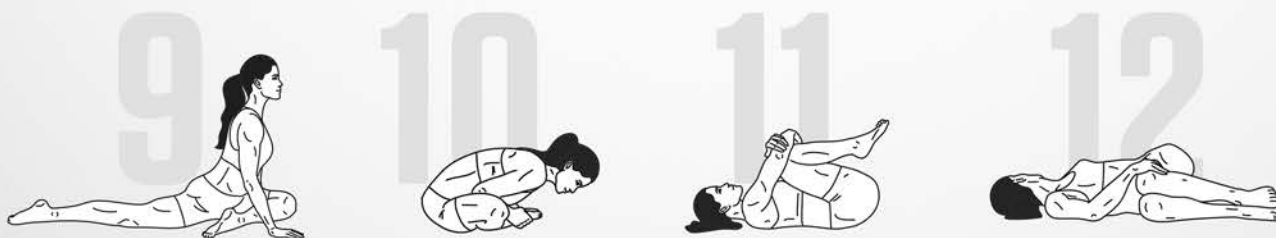
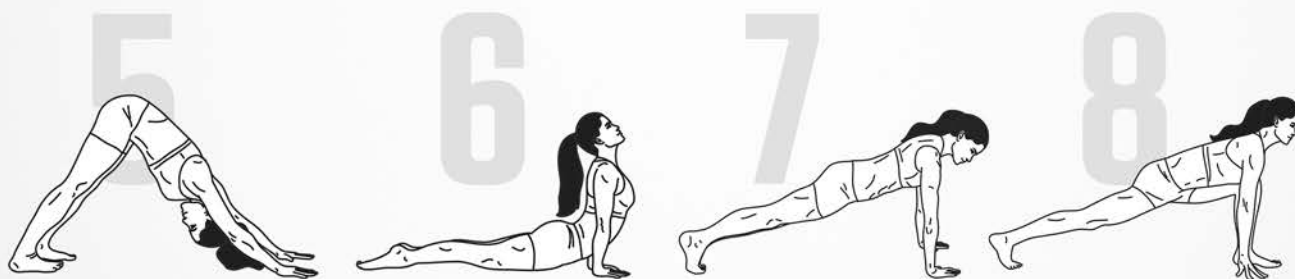


Hold each pose for 20 seconds then move on to the next one.
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30 days of **YOGA**

Day 8

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30 days of **YOGA**

Day 9

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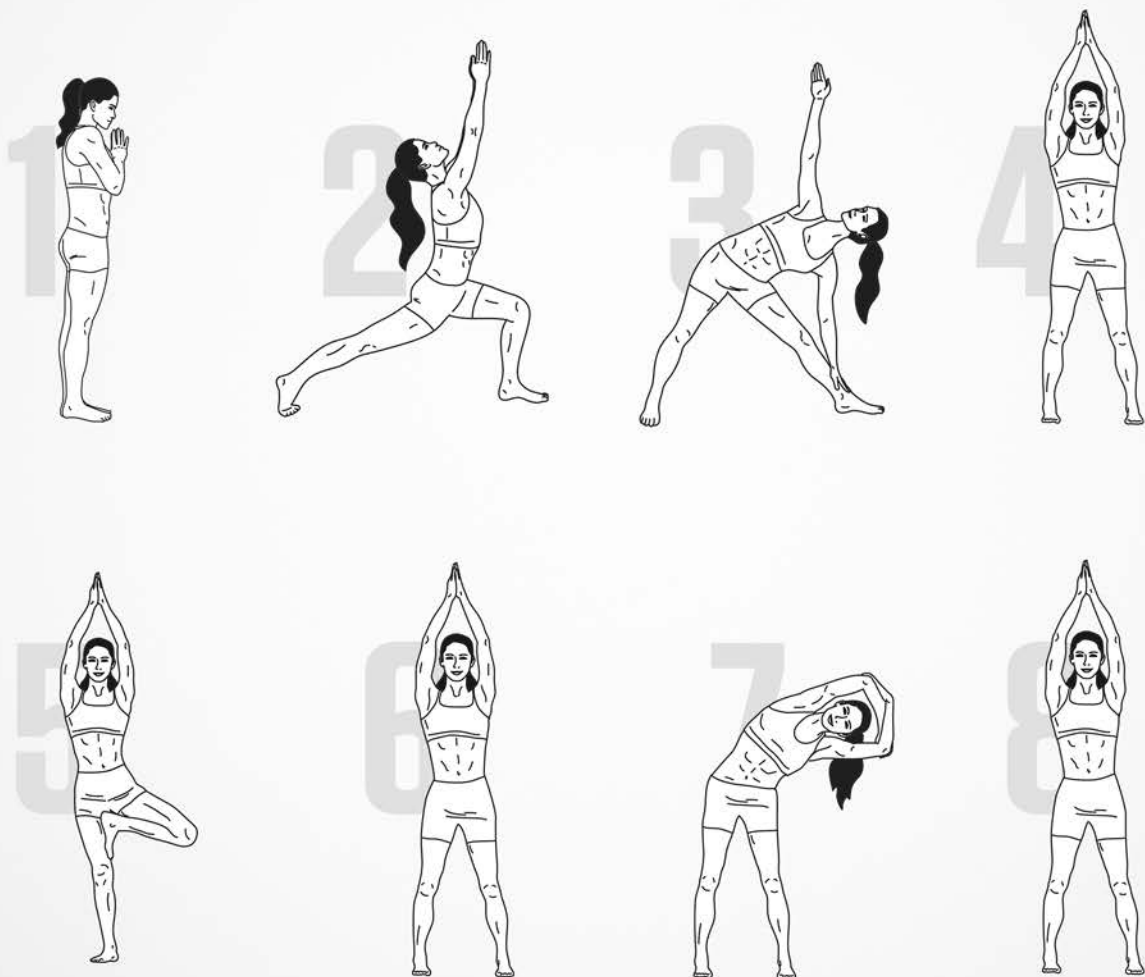


5 minutes
meditation

30 days of YOGA

Day 10

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Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

30 days of YOGA

Day 11

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1



2



3



4



5



6



7



8



9



10



11



12



Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

30 days of **YOGA**

Day 12

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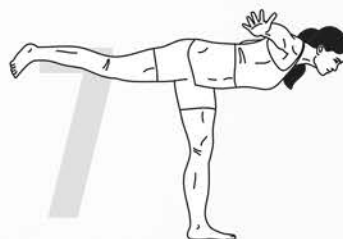


10 minutes
meditation

30 days of YOGA

Day 13

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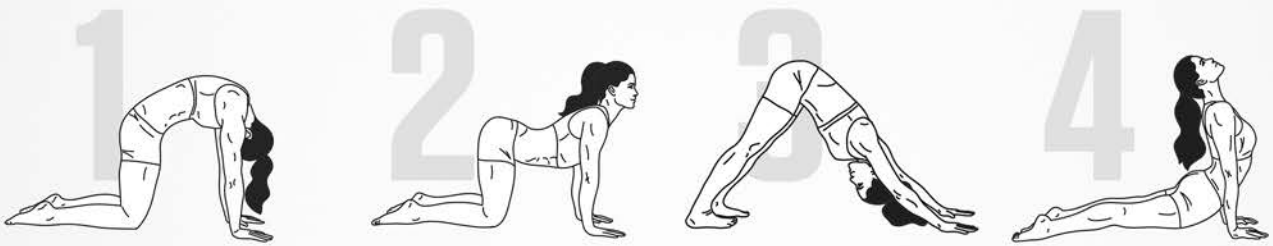


Hold each pose for 20 seconds then move on to the next one.
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Day 14

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Hold each pose for 20 seconds then move on to the next one.
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30 days of **YOGA**

Day 15

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10 minutes
meditation

30 days of YOGA

Day 16

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Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

30 days of **YOGA**

Day 17

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1



2



3



4



5



6



7



8



Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

30 days of **YOGA**

Day 18

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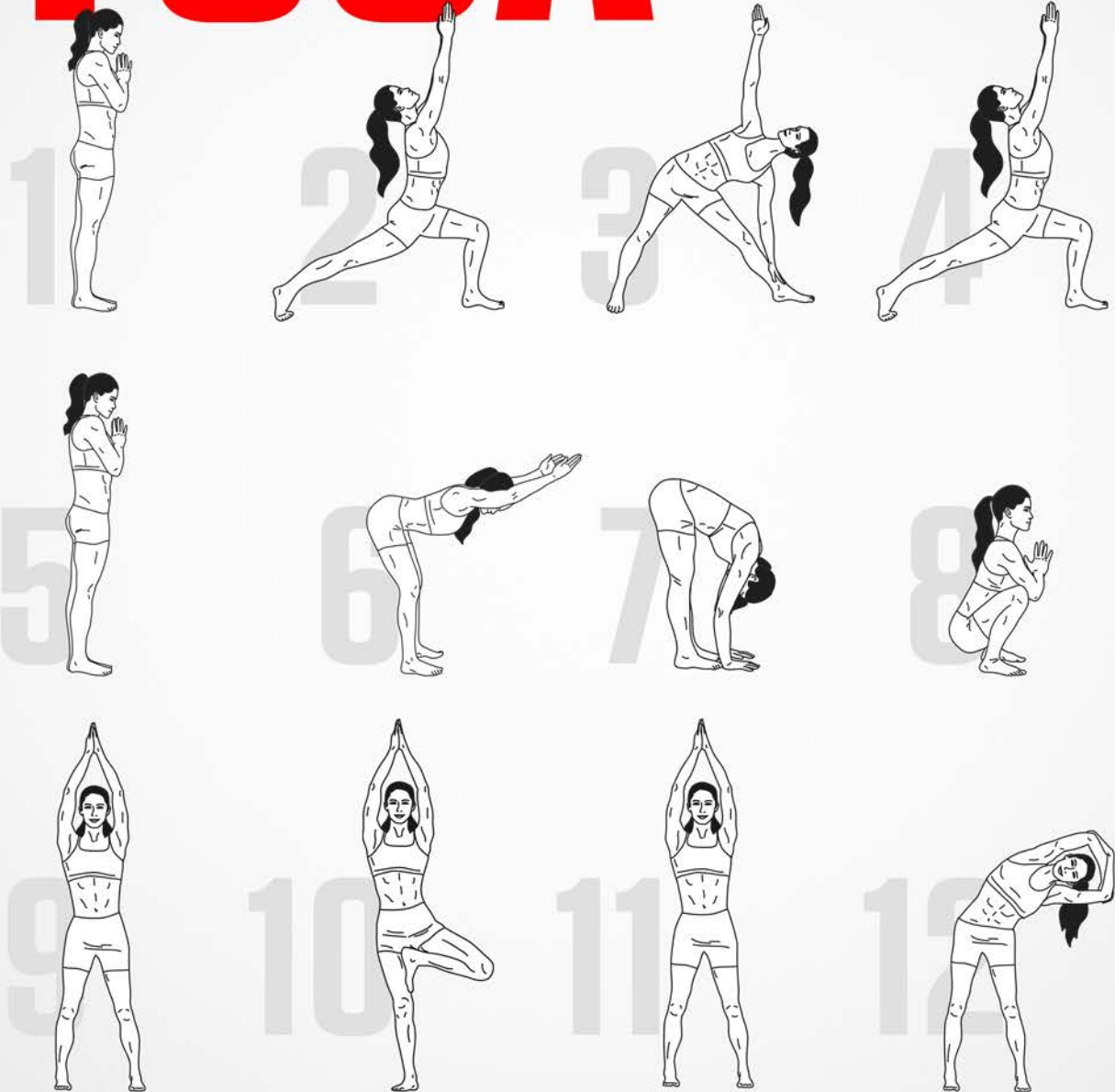


10 minutes
meditation

30 days of YOGA

Day 19

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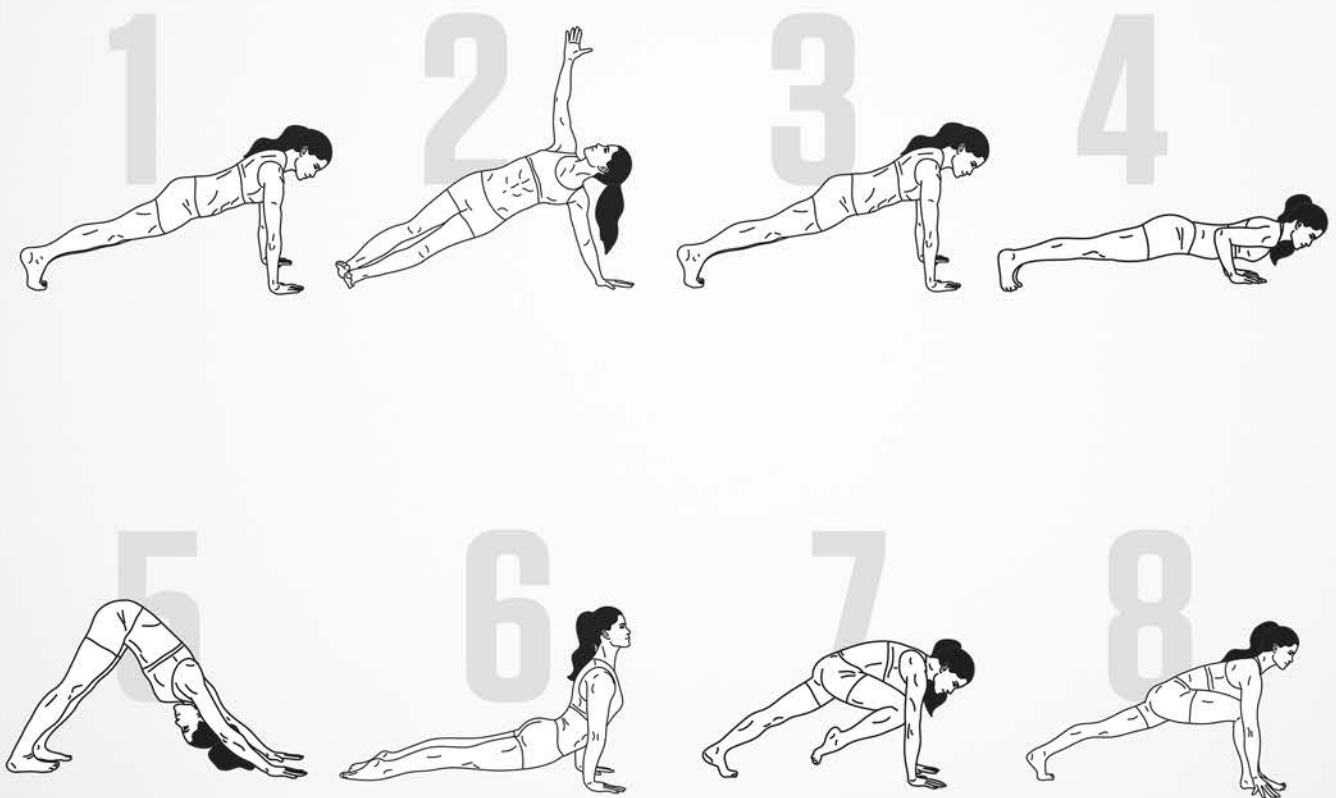


Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

30 days of **YOGA**

Day 20

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Hold each pose for 20 seconds then move on to the next one.
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30 days of **YOGA**

Day 21

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15 minutes
meditation

30 days of **YOGA**

Day 22

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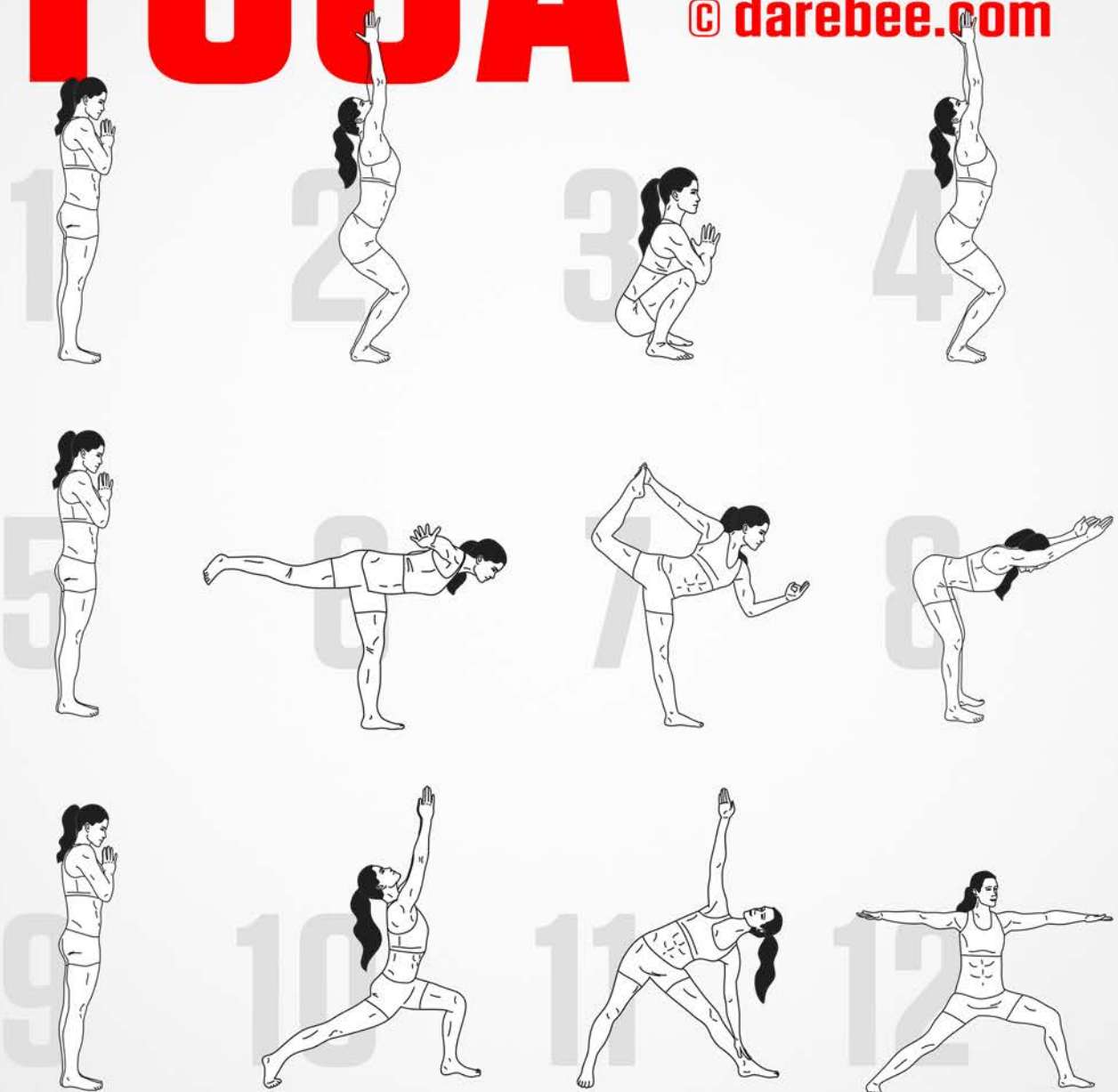


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Day 23

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30 days of **YOGA**

Day 24

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15 minutes
meditation

30 days of **YOGA**

Day 25

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Hold each pose for 20 seconds then move on to the next one.
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Day 26

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Hold each pose for 20 seconds then move on to the next one.
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30 days of **YOGA**

Day 27

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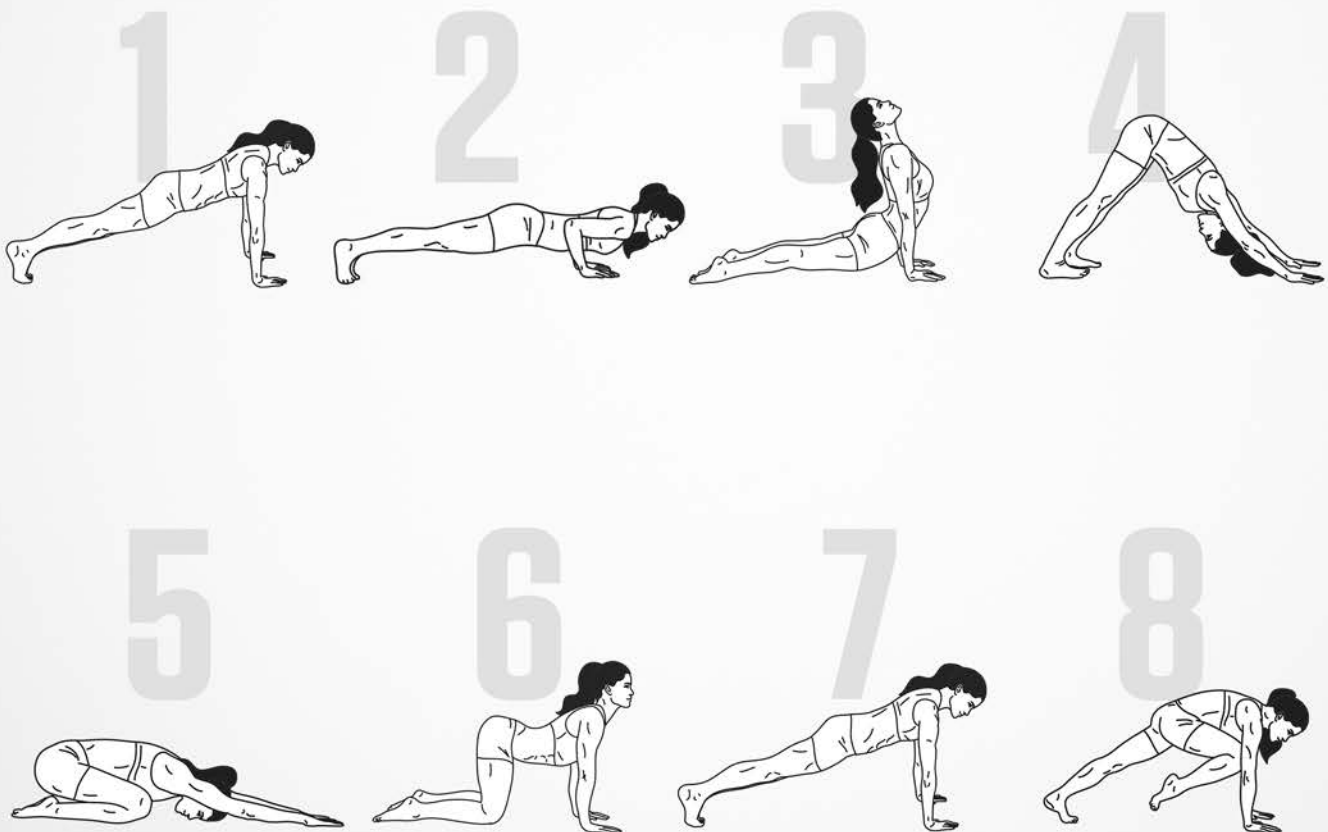


15 minutes
meditation

30 days of **YOGA**

Day 28

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Hold each pose for 20 seconds then move on to the next one.
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Day 29

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Hold each pose for 20 seconds then move on to the next one.
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30 days of **YOGA**

Day 30

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15 minutes
meditation

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