

21 DAY YOGA CHALLENGE DAY 1

Ease in to it-Breathe & Move

21 DAY YOGA CHALLENGE DAY 2

Deep Stretch & Relax

21 DAY YOGA CHALLENGE DAY 3

Strength & Stillness

21 DAY YOGA CHALLENGE DAY 4

Restore & Rejuvenate

21 DAY YOGA CHALLENGE DAY 5

Energizing Yoga-Push your limits

21 DAY YOGA CHALLENGE DAY 6

Find Comfort in Discomfort

21 DAY YOGA CHALLENGE DAY 7

Tone & Strengthen

21 DAY YOGA CHALLENGE DAY 8

Core Strength

21 DAY YOGA CHALLENGE DAY 9

Yoga for Upper Body

21 DAY YOGA CHALLENGE DAY 10

Yoga for Balance

21 DAY YOGA CHALLENGE DAY 11

Take a Pause & Breathe

21 DAY YOGA CHALLENGE DAY 12

Yoga for Leg Strengthening

21 DAY YOGA CHALLENGE DAY 13

Lower Back, Hips & Hip Flexors

21 DAY YOGA CHALLENGE DAY 14

Yoga for Gut Health

21 DAY YOGA CHALLENGE DAY 15

Detox Yoga Flow

21 DAY YOGA CHALLENGE DAY 16

Yin Yoga Practice

21 DAY YOGA CHALLENGE DAY 17

Total Body Recharge

21 DAY YOGA CHALLENGE DAY 18

Full Body Strength

21 DAY YOGA CHALLENGE DAY 19

Feel Good Yoga

21 DAY YOGA CHALLENGE DAY 20

Yoga for Transition

21 DAY YOGA CHALLENGE DAY 21

Guided Meditation