

31-DAY YOGA CHALLENGE

January 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1	
					release & renewal	root chakra
					8	
savasana	Strala yoga	flying bird	fetal pose	sacral chakra	pranayama	goddess pose
					15	
solar plexus chakra	truth	Ashtanga yoga	sun salutation	yin yoga	third-eye chakra	breath of fire
					22	
self-love	freedom	restorative yoga	throat chakra	exploration	crown chakra	mudras
					29	
joy	twists+inversions	chaturanga	primal yoga	moon salutation	new pose	flowering lotus pose
heart chakra						

You'll enrich your life immeasurably if you approach it with a sense of wonder & discovery & always challenge yourself to try new things.