

21 DAY YOGA CHALLENGE

BY ELIZABETH YOUNG

Starting 1 November 2021

The 21 Day Plan

HOW LONG DO I NEED EACH DAY?
QUICK (15 MINS/ DAY IS ALL YOU'LL NEED) .

WHO IS THIS FOR?

EASY AND THOUGHT PROVOKING YOGA SESSIONS FOR YOGA NEWBIES & ESTABLISHED YOGIS ALIKE.

WHAT'S THE PLAN?

DAY 1 - (RE)-DISCOVER JOY IN EASY MOVEMENT

DAY 2 - BEGINNERS' MIND - EASY YOGA TO DE-STRESS AND FEEL GOOD!

DAY 3 - EASY POSE + CHALLENGING POSE

DAY 4 - EASY BREEZY YOGA FOR CALM INCLUDING SIMPLE TAI CHI.

DAY 5 - SUPPORT & STRENGTHEN YOUR BACK

DAY 6 - 15 MINS OF FLOW

DAY 7 - BALANCED MIND; BALANCED BODY

DAY 8 - TWIST IT OUT

DAY 9 - RELEASE TENSION IN LOWER BACK

DAY 10 - YOGA FOR WALKERS AND RUNNERS

DAY 11 - SUN SALUTATION C - GENTLE FLOWING YOGA.

DAY 12 - SUN SALUTATION A

DAY 13 - DANCING WARRIOR FLOW

DAY 14 - MOON SALUTATIONS (CHANDRA NAMASKAR)

-CHAKRA BASED PRACTICE WITH MEDITATIONS, BREATHING AND READINGS TO INSPIRE YOU -

DAY 15 - THE BODY (ROOT)

DAY 16 - THE EMOTIONS (SACRAL)

DAY 17 - CONFIDENCE, POWER AND CONTROL (SOLAR PLEXUS)

DAY 18 - UNCONDITIONAL LOVE (HEART)

DAY 19 - COMMUNICATION AND SELF EXPRESSION (THROAT)

DAY 20 - INTUITION AND KNOWING - DECISION MAKING. A BREATHING TECHNIQUE AND MEDITATION TO HELP YOU TAP INTO YOUR OWN INSIGHT.

DAY 21 - FINALE - (CROWN) - CONNECT TO BEAUTY AND YOUR GRATITUDE FOR THE GIFT OF LIFE.

WHAT DO I NEED?

A YOGA MAT, YOGA BRICKS OR HARDBACK BOOK, COMFY CLOTHES AND A CUSHION