



Yoga at Home Challenge

If you're feeling overwhelmed or stressed, this yoga-at-home challenge can help! Start fresh each day with yoga classes that can provide peace and control in both mind and body. For 5 days each week, our certified virtual instructors will guide you through a series of yoga poses to help manage stress, increase flexibility, and build strength. This challenge can be completed anywhere, even with limited space and equipment. Namaste!

Optional Equipment



Yoga Mat



Yoga Block

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Day 1 Yoga Basic Fusion 20 min	Day 2 Power Yoga 1 Time Savers 15 min	Day 3 You CAN Do Yoga Fusion 50 min	Day 4 Gentle Yoga Fusion 20 min	Day 5 Moon Salutation Fusion 35 min	<i>REST</i>	<i>REST</i>
WEEK 2	Day 8 Rise and Shine Fusion 50 min	Day 9 Lower Back Yoga Time Savers 15 min	Day 10 G.U.T.S. Fusion 35 min	Day 11 Heart Opener Fusion 20 min	Day 12 Restorative Yoga 2 Time Savers 15 min	<i>REST</i>	<i>REST</i>
WEEK 3	Day 15 HIIT Your Flow Fusion 20 min	Day 16 Yoga Stretch Fusion 20 min	Day 17 Balance Mindset Fusion 35 min	Day 18 Gentle Yoga Fusion 30 min	Day 19 Move Your Spine Fusion 20 min	<i>REST</i>	<i>REST</i>
WEEK 4	Day 22 Body Strong Fusion 35 min	Day 23 Yoga Basic Fusion 20 min	Day 24 Peak Your Yoga Fusion 20 min	Day 25 Yoga Stretch Fusion 20 min	Day 26 Slumber Yoga 1 Fusion 15 min	<i>REST</i>	<i>REST</i>