BEGINNER FRIENDLY • 10–20 MINUTES A DAY

30-Day Yoga Challenge

One pose focus a day — tick the box when you've done your practice

DAY 1 ☐  Mountain	DAY 2 ☐  Child's Pose	DAY 3 ☐  Cat-Cow	DAY 4 ☐  Cobra	DAY 5 ☐  Downward Dog
DAY 6 ☐  Tree	DAY 7 ☐  Rest (Savasana)	DAY 8 ☐  Warrior II	DAY 9 ☐  Bridge	DAY 10 ☐  Chair
DAY 11 ☐  Triangle	DAY 12 ☐  Seated Fold	DAY 13 ☐  Cat-Cow	DAY 14 ☐  Rest (Savasana)	DAY 15 ☐  Tree
DAY 16 ☐  Warrior II	DAY 17 ☐  Downward Dog	DAY 18 ☐  Cobra	DAY 19 ☐  Chair	DAY 20 ☐  Bridge
DAY 21 ☐  Rest (Savasana)	DAY 22 ☐  Triangle	DAY 23 ☐  Seated Fold	DAY 24 ☐  Warrior II	DAY 25 ☐  Tree
DAY 26 ☐  Downward Dog	DAY 27 ☐  Child's Pose	DAY 28 ☐  Bridge	DAY 29 ☐  Chair	DAY 30 ☐  Rest (Savasana)

POSE GUIDE

12 Beginner Yoga Poses

How to do each pose in the 30-day plan — move gently, never into pain



Mountain

Stand tall, feet hip-width, palms forward. 5 slow breaths.

5 breaths



Tree

Foot to calf or thigh (never the knee). Hands to heart.

30 s each side



Warrior II

Wide stance, front knee over ankle, arms long.

30 s each side



Downward Dog

Hips high, heels reaching down — bend knees freely.

5 breaths



Child's Pose

Knees wide, big toes touch, forehead rests down.

1 minute



Cobra

Hands under shoulders, lift chest with your back.

3 × 5 breaths



Cat-Cow

Round and arch the spine with each breath.

10 rounds



Bridge

Feet flat, press up through heels, lift hips.

3 × 30 s



Triangle

Long front leg, reach forward then down to shin.

30 s each side



Seated Fold

Sit tall, hinge at hips toward your toes.

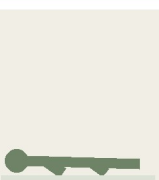
1 minute



Chair

Sit back as if into a chair, arms up.

3 × 20 s



Rest (Savasana)

Lie still, let the breath be natural.

3–5 minutes

TRACK YOUR PROGRESS

Weekly Yoga Check-In

Notice how your body, sleep and mood change over 30 days

Week	Days done	Energy 1–5	Sleep 1–5	Favourite pose
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				

Flexibility check

Test	Day 1	Day 15	Day 30
Seated fold — fingertips reach			
Tree pose — seconds balanced			
Downward dog — heels to floor?			

Why I'm doing this challenge

How I feel after 30 days