



more
30 days of
YOGA

more
30 days of
YOGA

Day 1

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 2

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1



2



3



4



5



6



7



8



Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 3

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20 minutes
meditation

more
30 days of
YOGA

Day 4

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 5

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1



2



3



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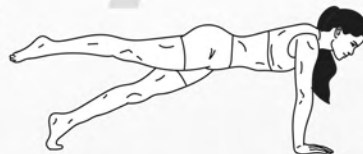
5



6



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8



Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 6

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20 minutes
meditation

more
30 days of
YOGA

Day 7

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 8

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1



2



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8



Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 9

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20 minutes
meditation

more
30 days of
YOGA

Day 10

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 11

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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 12

© darebee.com



25 minutes
meditation

more
30 days of
YOGA

Day 13

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 14

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1



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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 15

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25 minutes
meditation

more
30 days of
YOGA

Day 16

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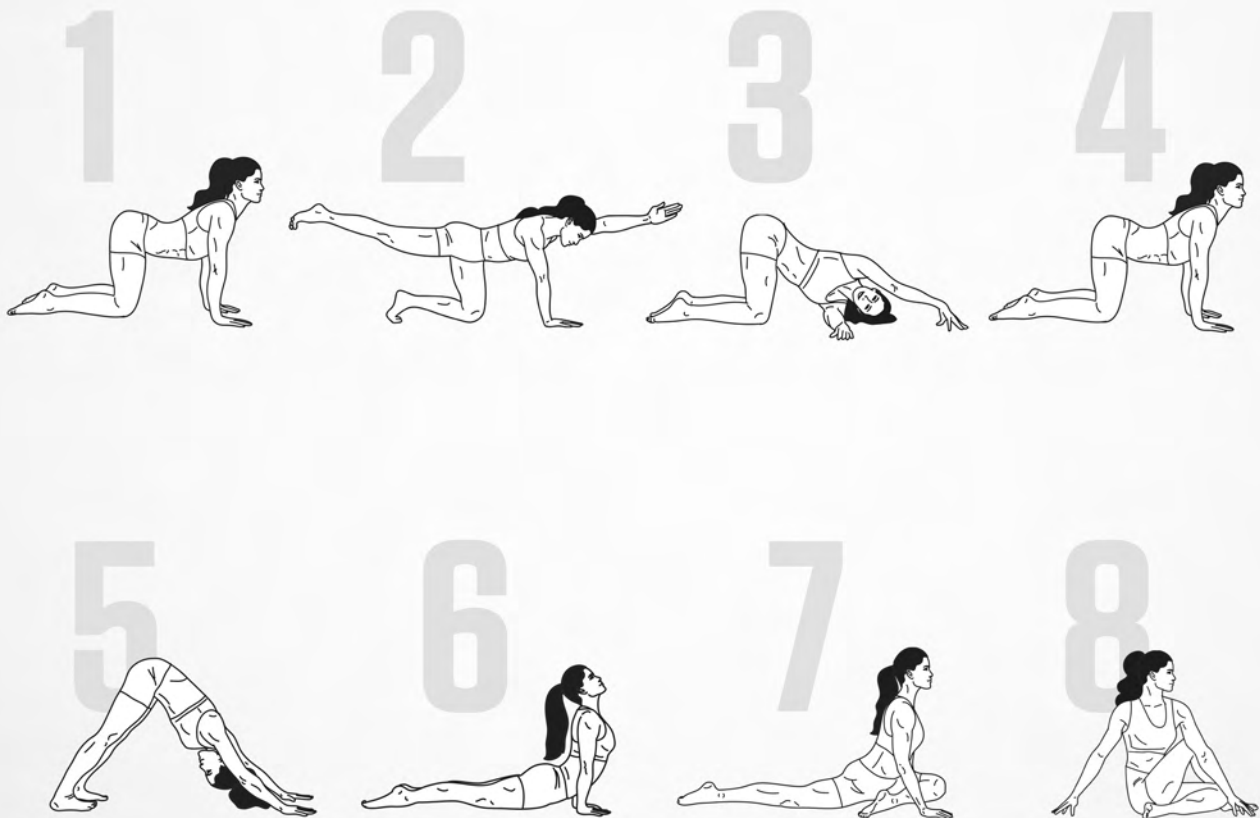


Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 17

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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 18

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25 minutes
meditation

more
30 days of
YOGA

Day 19

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 20

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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 21

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30 minutes
meditation

more
30 days of
YOGA

Day 22

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1



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9



10



11



12



Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 23

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1



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8



Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 24

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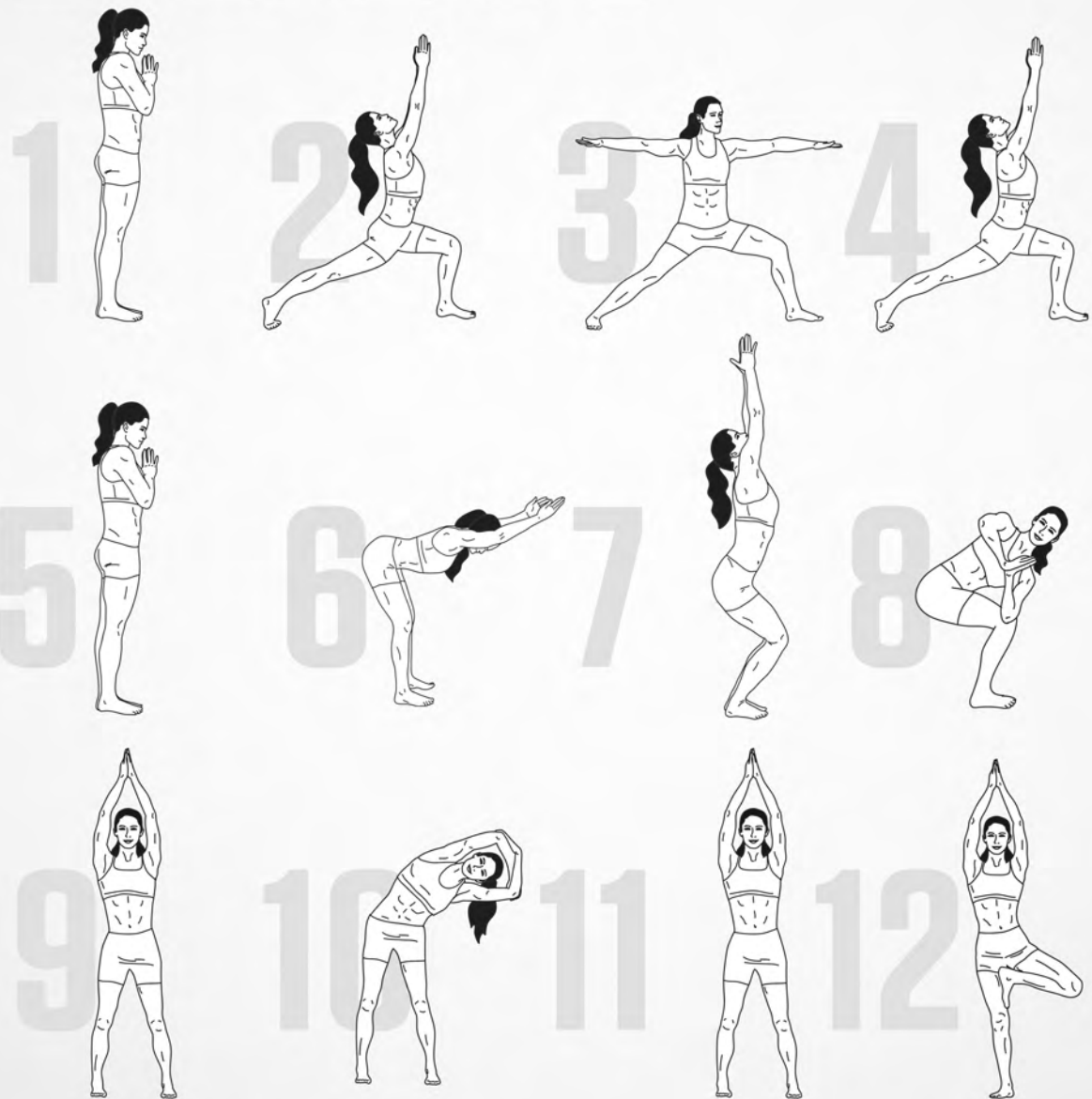


30 minutes
meditation

more
30 days of
YOGA

Day 25

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 26

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1



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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 27

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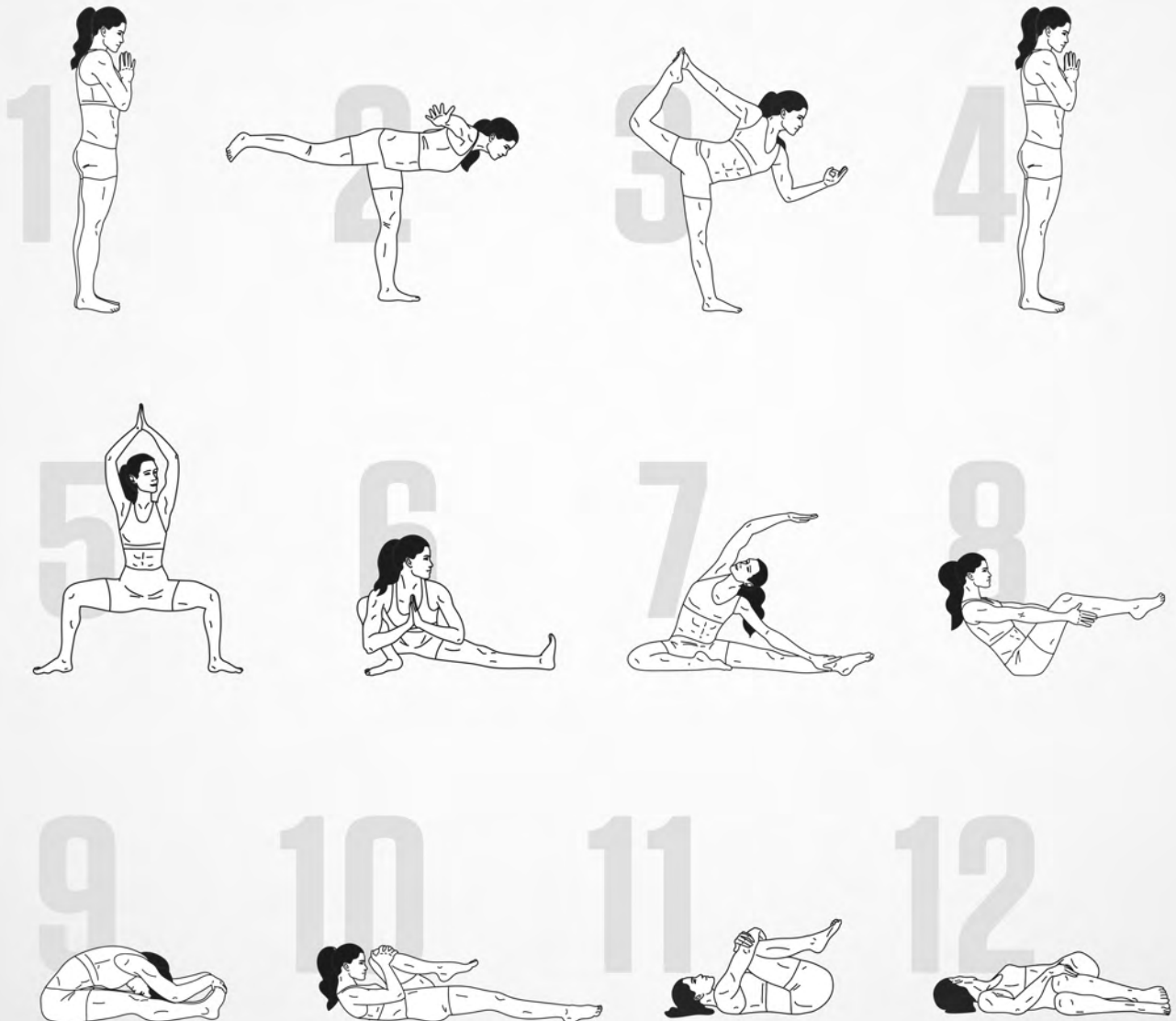


35 minutes
meditation

more
30 days of
YOGA

Day 28

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Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 29

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1



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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

more
30 days of
YOGA

Day 30

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35 minutes
meditation

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