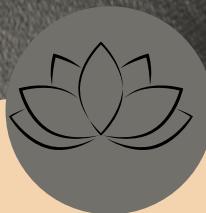


30 Days Yoga Challenge!



Follow our page to participate



**share photos/videos of the poses daily
using
#30daysYogaChallenge and tag us!**



**You'll get a task everyday, make
sure to tag us to get featured on our page**

**Experience the
power of Yoga to
transform your mind
and body.**



“Every challenge you face is an opportunity to grow stronger and wiser”

#30DaysYogaChallenge

DAY 1



Let's start this challenge with calming our minds first. Unroll your mat, sit in a relaxed position. Inhale all the positivity and exhale all the negative thoughts.

Post a picture of the first day of your challenge using #30DaysYogaChallenge



#YogaGoals #YogaChallenge #30DaysofYoga

#30DaysYogaChallenge



Rise and stretch

Kick start your day feeling alive
with the power of sun salutation

Do not forget to click pictures and tag us!!!! #YogalsFun
#Day3YogaChallange #YogaEveryday



GET THE GLOW



#30DaysYogaChallenge

DAY 3

ARE YOU READY FOR TODAY'S
FLOW?

Comment down your favourite yoga pose and click a
selfie with #GetTheYogaGlow



INHALE, EXHALE, AND REPEAT

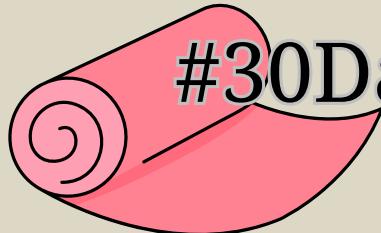
#30DaysYogaChallenge

DAY 4

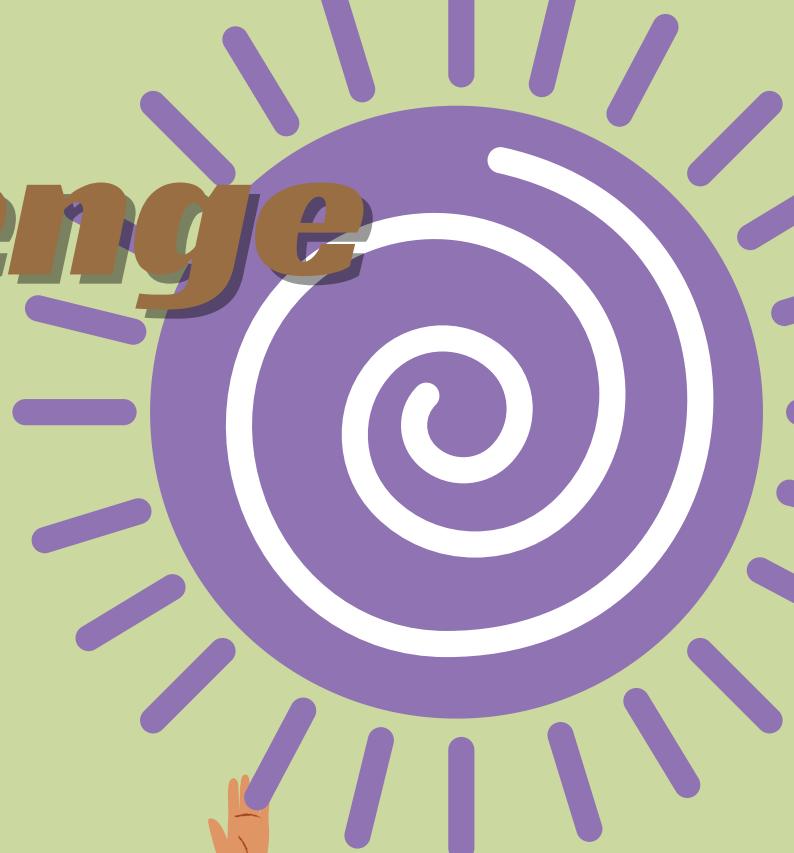
Today is all about Self-Love & Connecting with
yourself

Share this challenge with
your family and friends
too or maybe just do it
with them and click
pictures and make videos
using

#30DaysYogaChallenge



#30DaysYogaChallenge



**Balance is not something
you find, it's something
you create**

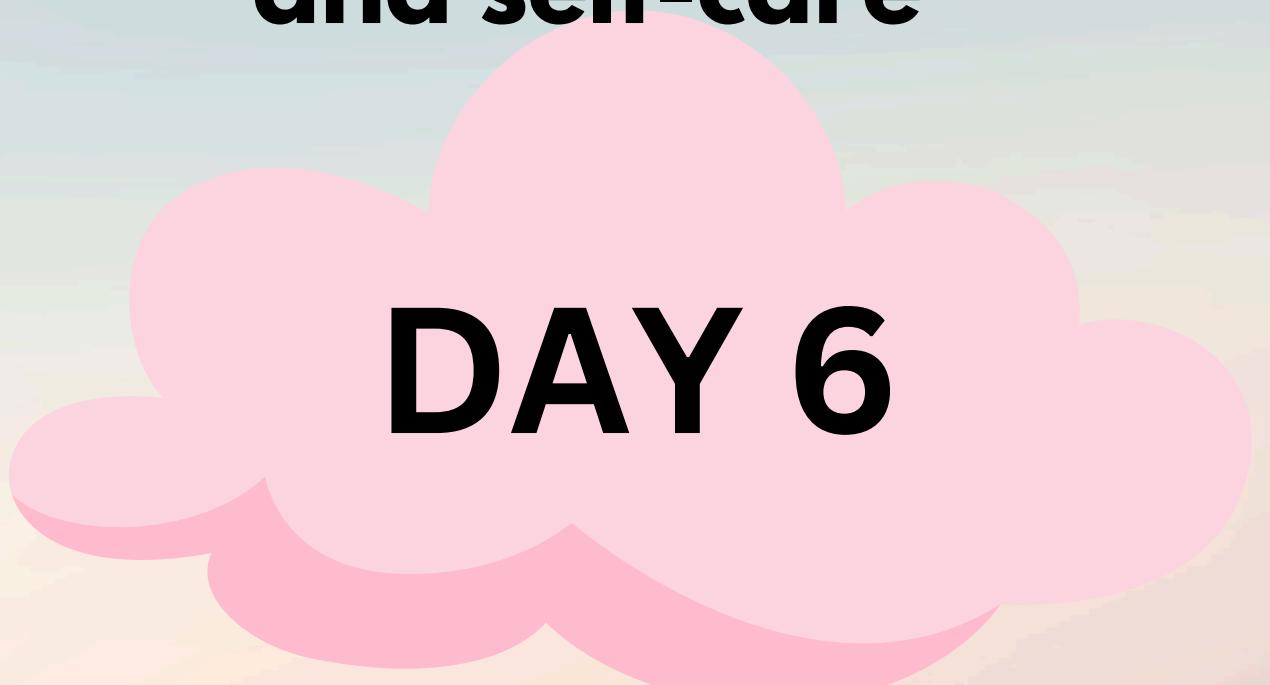
DAY 5



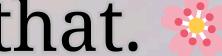
We have a task for you today.
Upload a video doing Tree
pose for 20 seconds, Let's see
who has found his/her
balance.
Tag us using
#FindYourBalance
#BalanceChallenge
#30DaysYogaChallenge

#30DaysYogaChallenge

This is a journey of
healing, self-discovery
and self-care



Choose a calming pose—like
child's pose or Sukhasana—
and hold it for 5 minutes.

Focus on your breath, let go of
unnecessary thoughts, let us
know in the comments below
what energy you felt while
doing that. 

#FeelingTheEnergy
#Day6of30DaysYoga

#30DaysYogaChallenge

Feel strong inside and out

Day 7

As you flow through your 7th Day of yoga challenge today, feel the power in every breath, every movement.

what makes you feel strong? Let us know in the comment section. And do not forget to upload picture of your 7th day of yoga

#YogaForStrength
#YogaForClarity
#PowerOfYoga

STRETCHING LIMITS: BREAK YOUR BOUNDARIES

#30DaysYogaChallenge

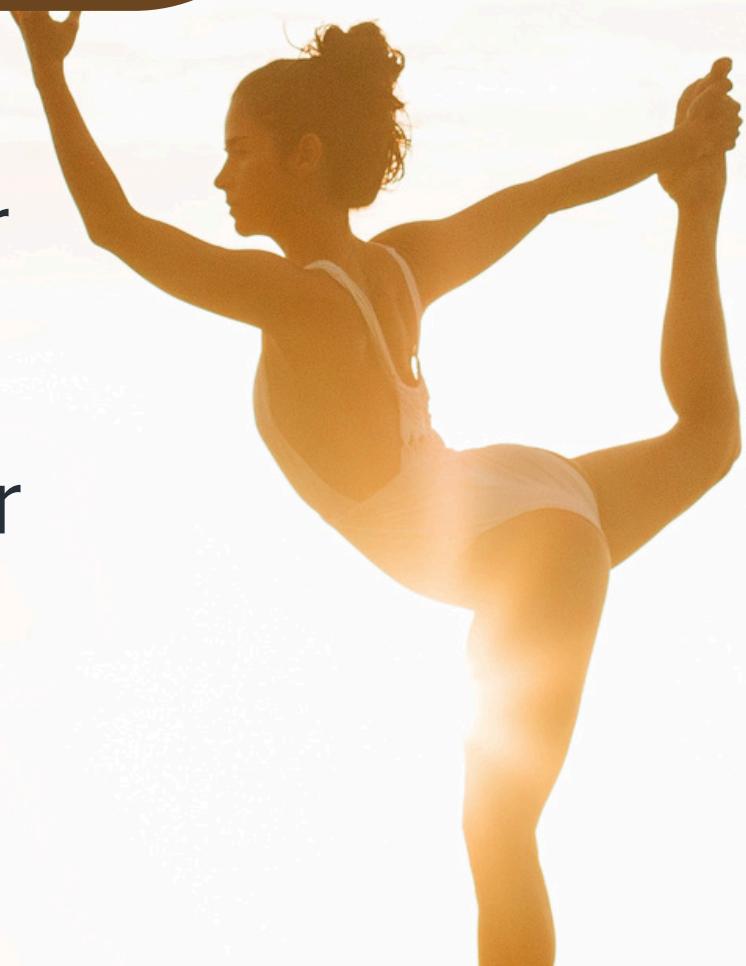
Push past the fear, step into your power, and embrace your limitless potential.

Day 8

Try holding a pose you've always found challenging, feel the power withing you.

Let us know through post, story or reel after completing the task.

Use #30DaysYogaChallenge to shine.



#30DaysYogaChallenge

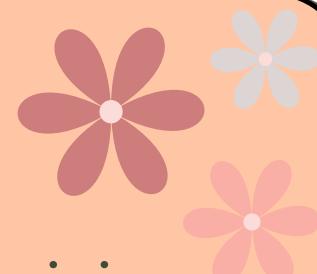


It's Day 9
already!!

CLOSE YOUR EYES AND
ACKNOWLEDGE HOW FAR
YOU HAVE COME. UNROLL
YOUR MAT, SIT AND THINK
THE POWER OF 'YOU'



Share one thing you're proud of
in your journey below!



We'll feature the top 10 stories we find most inspiring

#GoLimitless #YogaAndBeyond #PowerofYoga