

MARCH: 31-DAY YOGA CHALLENGE

#SkinnyMomChallenge

SKINNYMOM

Get in touch with your inner yogi this month! Whether you're a yoga novice or experienced veteran, over the course of the next 31 days you will become more familiar with your body, mind and spirit through Skinny Mom's 31-Day Yoga Challenge! Complete each yoga pose below in addition to your regular workout every day in March, checking the boxes as you go. Share your experiences with us on social media using the hashtag #SkinnyMomChallenge and let us know how you are doing! Namaste, ladies — we know you can do this!



MOUNTAIN



CHILD'S POSE



COW TO CAT



SEATED TWIST



COBRA



DOWNWARD FACING DOG



STANDING FORWARD FOLD



CHAIR



CRESCENT



WARRIOR I



WARRIOR II



SIDE ANGLE



TRIANGE



HALF MOON



HERO



WIDE-LEGGED FORWARD FOLD



STAFF



BOAT



BRIDGE



TREE



LOCUST



WARRIOR III



INCLINED PLANK



LOTUS



BOW



CAMEL



DANCER



BIRD OF PARADISE



SHOULDER STAND



PLOW



CRANE