

30 Day Yoga Tone Up Program - Week 1

it's DAY 1 of the 30 Day Yoga Tone Up Program. We got an awesome response yesterday when it was announced, and I can't really say I'm surprised because i know this community is amazing and I knew you guys would get it when I mentioned that I wasn't a fan of the whole guilt-trip get in shape thing. So yeah! Let's do this! And don't forget - you can get support and feedback over on the [Yoga Forum](#)!

By now, you've chosen your yoga pose that you'll focus on for the next month in conjunction with our suggested schedule. Now, a word about the suggested schedule - it truly is just a suggestion. Do what feels best for you according to your energy level, abilities, and time allowance. If you need to take more breaks than is suggested, who cares?! If you want to do a lot more, that's fine too! The biggest thing here is just being sure that you're in tune with how you feel and you honor that. That, in my opinion, is the highest form of yoga.



Day 1

- 10 minute warm up and centering
- 30 minute power yoga
- pause video and spend 2-3 minutes practicing your chosen tone up pose
- Snap a pic of your pose and use #YBCtone and #YBCelfie to share on instagram

Day 2

- 5 minute meditation
- BEGINNERS: Watch this before practicing
- 30 second each side intense shoulder stretch
- 30 second extended puppy pose
- 15 minute yoga for strength
- 15 minute upper body strength yoga
- pause video and spend 2 - 4 minutes practicing your chosen tone up pose
- 10 minute gentle yoga

Day 3

- 7 minute warm up for wrists
- 30 minute power vinyasa flow (BEGINNERS: Do this flow instead)
- Pause video and spend 2-5 minutes practicing your chosen tone up pose
- Chill out yoga sequence

Day 4

- 60 minute vinyasa flow
- Pause video and spend 2-6 minutes practicing your chosen tone up pose



Day 5

- Rest day

Day 6

- 30 minute power yoga for core
- Open heart yoga sequence - spend 3-7 breaths in each pose
- Spend 2-7 minutes practicing your chosen tone up pose
- 5-10 minute supta baddha konasana

Day 7

- Active recovery: 10 minute chair yoga and/or 20 minute yin yoga

Day 8

- Watch this and focus on your breath today.
- 1 minute each side supta gomukhasana
- 25 minute power (for intermediate and advanced. Beginners do this.)
- Core sequence
- Spend 3-8 minutes practicing your chosen tone up pose
- Snap a pic and share with #YBCtone and #YBCELFIE on instagram

Day 9

- Warm up
- 50 minute power yoga (beginners, try it and skip what doesn't work for you yet)
- Pause video and spend 3-9 minutes practicing your chosen tone up pose

Day 10

- 15 minute chill out restorative yoga
 - 45 minute yoga for strength
 - Pause video and spend 3- 10 minutes practicing your chosen tone up pose
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