

A grayscale photograph of a woman in a yoga pose, with her arms raised and one leg bent. The image is dark, with the woman's form highlighted. Overlaid on the image is the text "30 days of" in white and "YOGA" in large, bold, red letters.

# 30 days of **YOGA**

# 30 days of **YOGA**

Day 1

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 2

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 3

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**5 minutes**  
meditation

# 30 days of **YOGA**

Day 4

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 5

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# 30 days of **YOGA**

Day 6

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**5 minutes**  
meditation

# 30 days of **YOGA**

Day 7

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# 30 days of **YOGA**

Day 8

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 9

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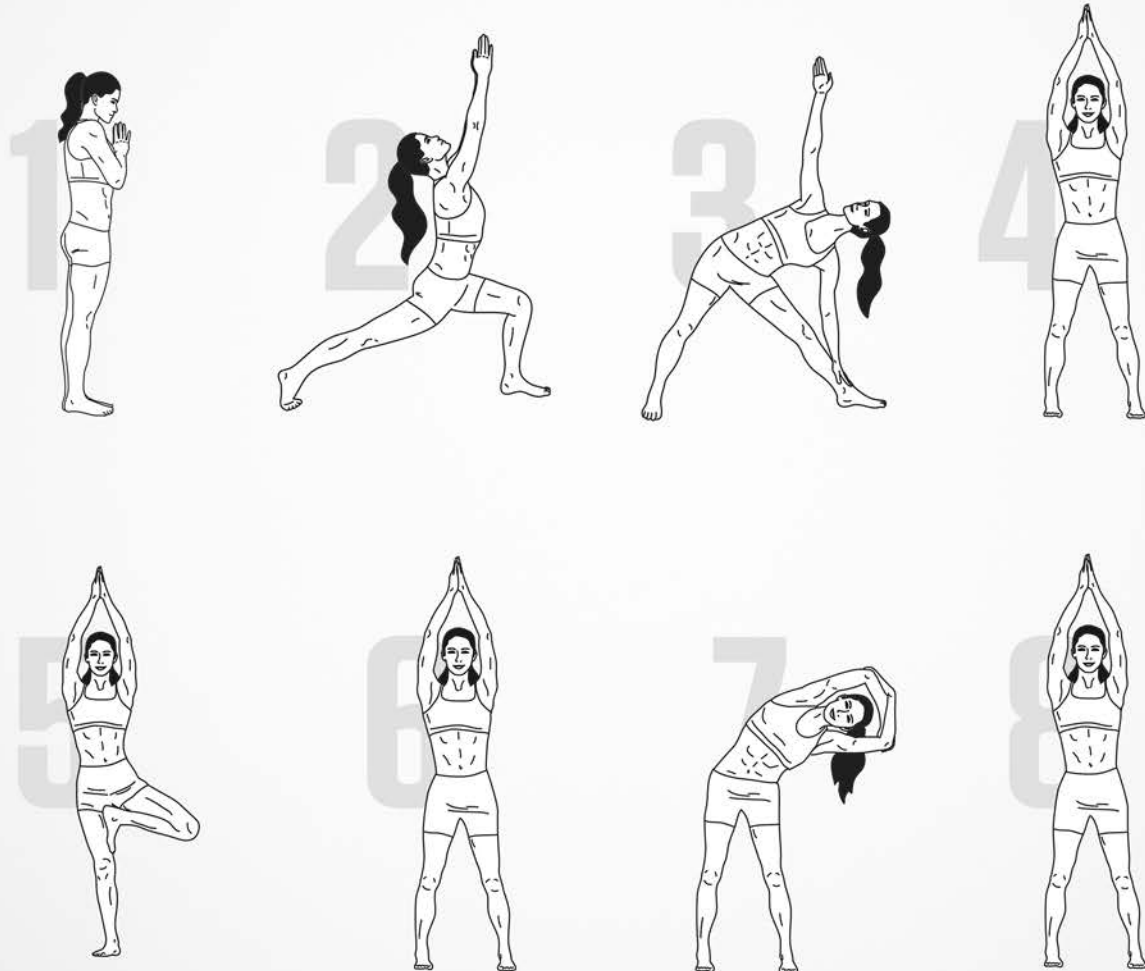


**5 minutes**  
meditation

# 30 days of **YOGA**

Day 10

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 11

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1



2



3



4



5



6



7



8



9



10



11



12



Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 12

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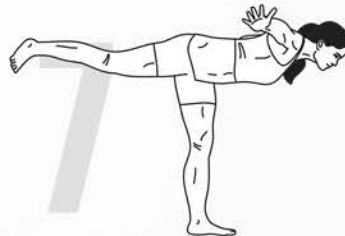
**10 minutes**  
meditation



# 30 days of YOGA

Day 13

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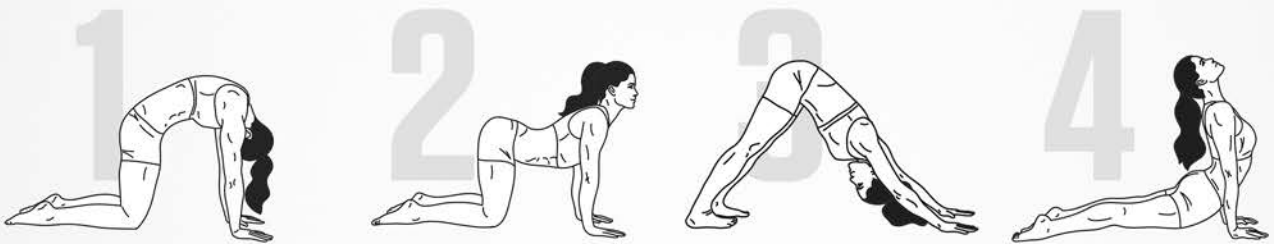


Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 14

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 15

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**10 minutes**  
meditation

# 30 days of **YOGA**

Day 16

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 17

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1



2



3



4



5



6



7



8



Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# 30 days of **YOGA**

Day 18

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**10 minutes**  
meditation

# 30 days of **YOGA**

Day 19

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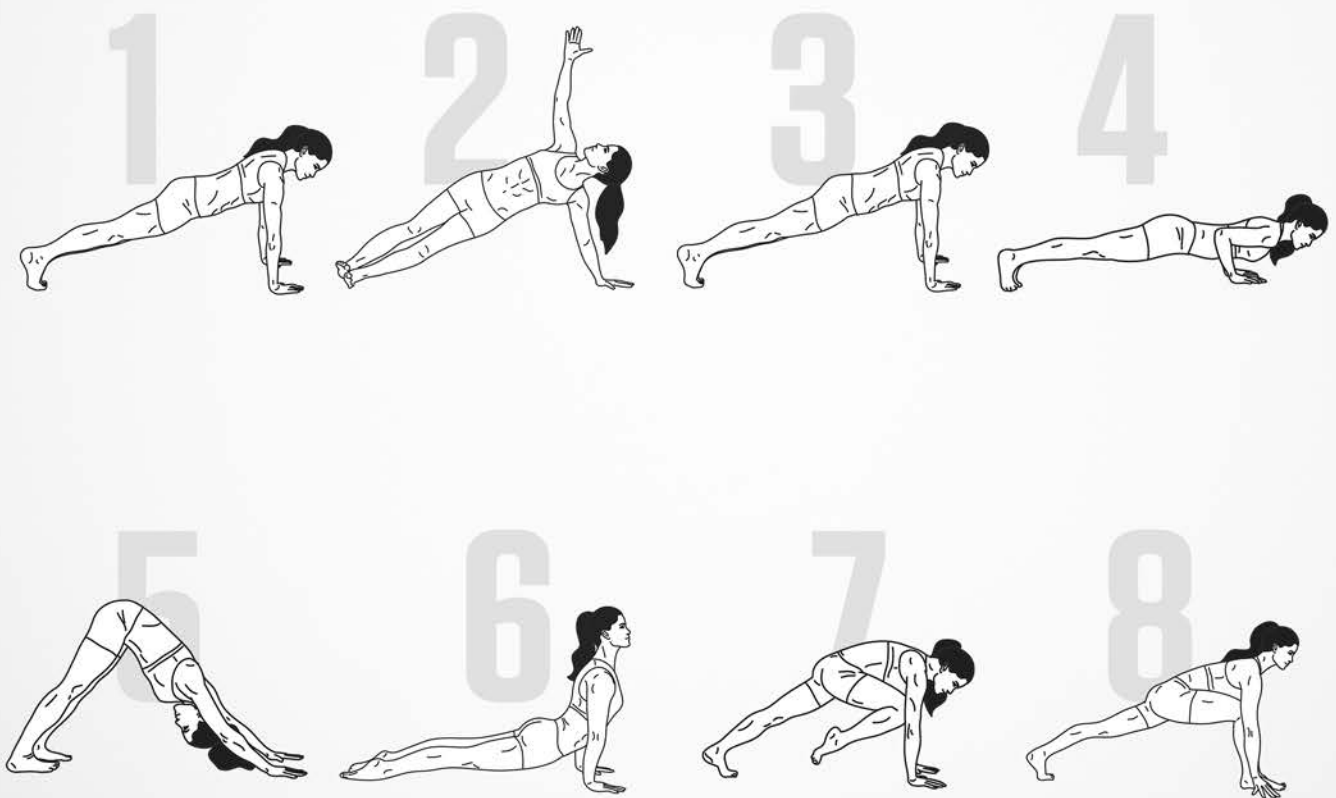


Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 20

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 21

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**15 minutes**  
meditation

# 30 days of **YOGA**

Day 22

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# 30 days of YOGA

Day 23

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 24

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**15 minutes**  
meditation

# 30 days of **YOGA**

Day 25

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of YOGA

Day 26

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 27

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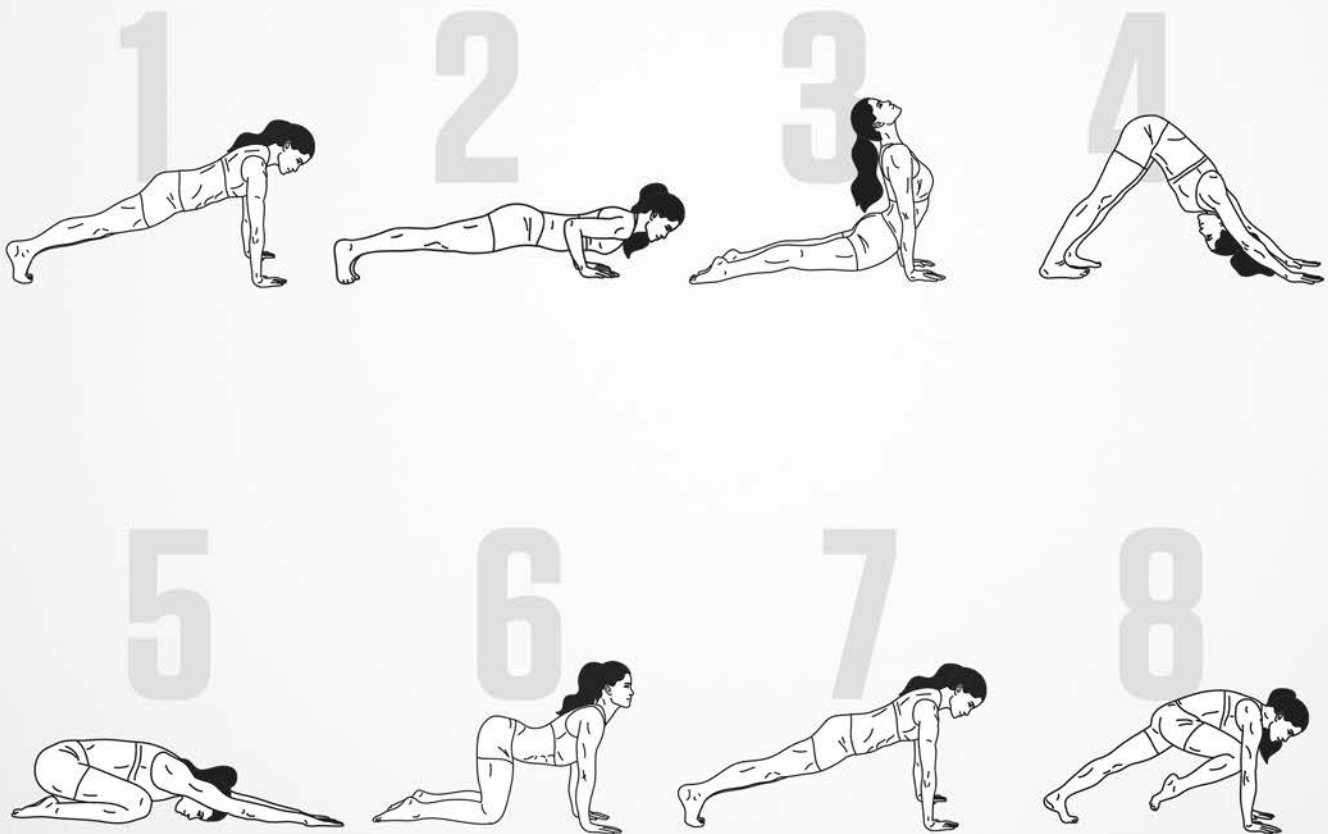
**15 minutes**  
meditation



# 30 days of **YOGA**

Day 28

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 29

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Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

# 30 days of **YOGA**

Day 30

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**15 minutes**  
meditation

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