30 DAY YOGA challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE
DAY 6	**DAY 7**	**DAY 8**	**DAY 9**	**DAY 10**
▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE
DAY 11	**DAY 12**	**DAY 13**	**DAY 14**	**DAY 15**
▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE
DAY 16	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**
▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE
DAY 21	**DAY 22**	**DAY 23**	**DAY 24**	**DAY 25**
▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE
DAY 26	**DAY 27**	**DAY 28**	**DAY 29**	**DAY 30**
▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE	▫ MOUNTAIN POSE ▫ DOWNWARD DOG ▫ WARRIOR II POSE ▫ TREE POSE ▫ CHILD'S POSE