The 30-Day Yoga Challenge
For details go to bit.ly/LSYogaChallenge

DAY 1: Easy Pose
DAY 2: Seated Twist
DAY 3: Shoulder Strap Work
DAY 4: Cobra Pose
DAY 5: Camel Pose
DAY 6: Seated Eagle Arms
DAY 7: Seated Wide-Leg Forward Fold
DAY 8: Cat-Cow
DAY 9: Bird Dog
DAY 10: Child's Pose
DAY 11: Low Lunge
DAY 12: Downward-Facing Dog
DAY 13: Plank
DAY 14: Savasana
DAY 15: Mountain Pose
DAY 16: Forward Fold and Half Lift
DAY 17: Chair Pose
DAY 18: Warrior II
DAY 19: Side Angle Pose
DAY 20: Wide-Leg Forward Fold
DAY 21: Tree Pose
DAY 22: Seated Butterfly Pose
DAY 23: Hand to Big Toe Pose
DAY 24: Knees to Chest
DAY 25: Happy Baby
DAY 26: Supine Figure 4 Stretch
DAY 27: Yogi Squat
DAY 28: Pigeon Pose
DAY 29: Gentle Heart Opener
DAY 30: Legs Up the Wall

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