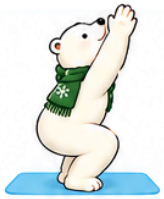


30-DAY YOGA CHALLENGE

Cross off the pose when you complete it!
Hold for 30 to 60 seconds • 2 to 5 sets

Mountain Pose 	Tree Pose 	Child Pose 	Cat-Cow Pose 	Down-Facing Dog 	Warrior I 
Warrior II 	Cobra Pose 	Seated Forward Fold 	Bridge Pose 	Triangle Pose 	Chair Pose 
Low Lunge 	Butterfly Pose 	Crescent Lunge 	Warrior III 	Sphinx Pose 	Pigeon Pose 
Extended Side Angle 	Boat Pose 	Staff Pose 	Happy Baby Pose 	Low Plank 	Wide-Legged Forward Fold 
Reverse Table Pose 	Seated Twist 	Legs-Up-the Wall 	Garland Pose 	Camel Pose 	Corpse Pose 

Your Name:



Complete 5 days to earn your Polar Paw!
Tell us so we can mark your sheet.
Keep going beyond 5 days for your health!