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
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

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.
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
Hold each pose for 20 seconds then move on to the next one. Repeat the sequence again on the other side.
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
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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1. Hold each pose for 20 seconds then move on to the next one.
2. 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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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 17
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1. Hold each pose for 20 seconds then move on to the next one.
2. Repeat the sequence again on the other side.
30 days of YOGA

Day 18

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10 minutes

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

15 minutes

meditation

carebee.com
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.
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
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
visual workouts and fitness programs at

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