



GETMEFIT

30

Days Yoga Program

30



GETMEFIT

Day 1

Hold each pose for 60 seconds then move on to the next one.



Garland Pose



Cat Cow Pose



Cobra Pose



Child Pose



Wind Relieving
Pose



Corpse Pose



GETMEFIT

Day 2



10 minutes

Seated-Meditation-Pose



GETMEFIT

Day 3

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequences again on the other side.



Tree Pose



Upward Salute
Pose



Angle Pose



Upward Salute
Pose



Warrior Pose 1



Warrior Pose 2



GETMEFIT

Day 4



10 minutes

Seated-Meditation-Pose



GETMEFIT

Day 5

Hold each pose for 60 seconds then move on to the next one.

1



Cat Cow Pose

2



Cat Cow Pose

3



Cat Cow Pose

4



Corbra Pose

5



Cat Cow Pose

6



Child's Pose



GETMEFIT

Day 6



10 minutes

Seated-Meditation-Pose



GETMEFIT

Day 1

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequences again on the other side.

1



Cat Cow Pose

2



Hunting Dog Pose

3



Kneeling Twisit

4



Diamond Pose

5



Cow Face Pose

6



Half Lord Of
The Fishes Pose



GETMEFIT

Day 8



10 minutes

Seated-Meditation-Pose



GETMEFIT

Day 9

Hold each pose for 60 seconds then move on to the next one.

1



Shoulder Supported
Bridge Pose

2



Wind Relieving Pose

3



Corpse Pose

4



Locust Pose

5



Child's Pose

6



Child Pose



GETMEFIT

Day 10



15 minutes

Seated-Meditation-Pose



GETMEFIT

Day 11

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequences again on the other side.



Upward Salute
Pose



Standing Half
Forward Pose



Upward Salute
Pose



Standing Split
Pose



Upward Salute
Pose



Triangle Pose



GETMEFIT

Day 12



15 minutes

Seated-Meditation-Pose



GETMEFIT

Day 13

Hold each pose for 60 seconds then move on to the next one.

1



Cat Cow Pose

2



Diamond Pose

3



Camel Pose

4



Child Pose

5



Wind Relieving
Pose

6



Corpse Pose



GETMEFIT

Day 14



15 minutes

Seated-Meditation-Pose



GETMEFIT

Day 15

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequences again on the other side.



Warrior Pose 1



Low Lunge
Pose



Yin Butterfly
Pose

4



Corpse Pose

5



Halif Wind
Relieving Pose

6



Supine Spinal
Twist



GETMEFIT

Day 16



15 minutes

Seated-Meditation-Pose



GETMEFIT

Day 17

Hold each pose for 60 seconds then move on to the next one.



Garland Pose



Yogi Squat
Pose



Garland Pose

4



Cat Cow Pose

5



Corbra Pose

6



Child's Pose



GETMEFIT

Day 18



15 minutes

Seated-Meditation-Pose



GETMEFIT

Day 19

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequences again on the other side.



1
Upward Salute
Pose



2
Angle Pose



3
Garland Pose



4
Warrior Pose 1



5
Revolved Side
Angle Pose



6
Twisted Reverse
Warrior Pose



GETMEFIT

Day 20



20 minutes

Seated-Meditation-Pose



GETMEFIT

Day 21

Hold each pose for 60 seconds then move on to the next one.



Garland Pose



Cat Cow Pose



Corbra Pose



Child's Pose



Wind Relieving
Pose



Corpse Pose



GETMEFIT

Day 22



20 minutes

Seated-Meditation-Pose



GETMEFIT

Day 23

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequences again on the other side.



Hunting Dog
Pose



Cat Cow Pose



Cow Face Pose



Wind Relieving
Pose



Half Wind
Relieving Pose



Reclining Pigeon
Pose



GETMEFIT

Day 24



20 minutes

Seated-Meditation-Pose



GETMEFIT

Day 25

Hold each pose for 60 seconds then move on to the next one.



Diamond Pose



Camel Pose



Child Pose



Wind Relieving
Pose



Corpse Pose



Locust Pose



GETMEFIT

Day 26



20 minutes

Seated-Meditation-Pose



GETMEFIT

Day 27

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequences again on the other side.



Garland Pose



Warrior Pose 1



Warrior Pose 2



Upward Salute
Pose



Angle Pose



Tree Pose



GETMEFIT

Day 28



20 minutes

Seated-Meditation-Pose



GETMEFIT

Day 29

Hold each pose for 60 seconds then move on to the next one.

1



Shoulder Supported
Bridge Pose

2



Corpse Pose

3



Wind Relieving
Pose

4



Cat Cow Pose

5



Corbra Pose

6



Child's Pose



GETMEFIT

Day 30



20 minutes

Seated-Meditation-Pose