

Days Yoga Program



# Day 1

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





Day 2



10 minutes



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.





Day 1



10 minutes



# Day 5

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





Day 6



10 minutes



# Day 1

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





**Diamond Pose** 



Cow Face Pose



Half Lord Of The Fishes Pose



Day 8



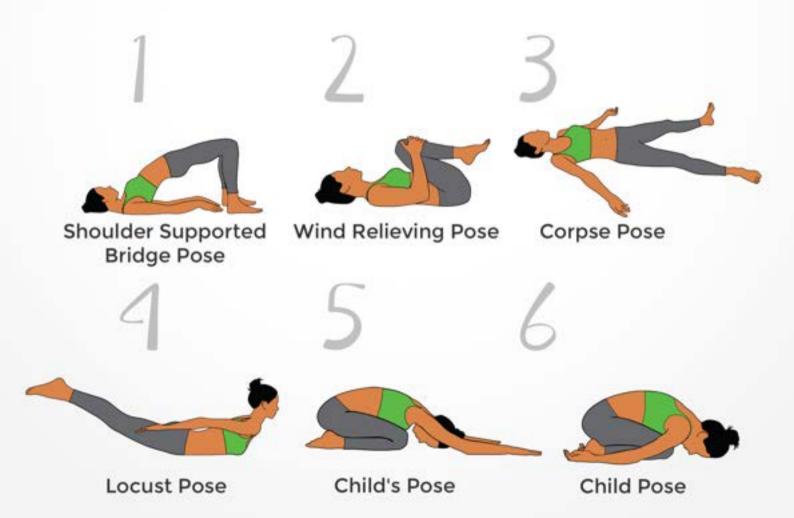
10 minutes

### G

### GETMEFIT

# Day 9

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





Day 10



15 minutes

### G

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.



Pose



Day 12



15 minutes



# Day 13

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



Diamond Pose



Camel Pose











Corpse Pose

Child Pose

Wind Relieving Pose



Day 14



15 minutes

### G

### GETMEFIT

### Day 15

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





Day 16



15 minutes



## Day 17

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





Day 18



15 minutes



# Day 19

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





Day 20



20 minutes

### G

### GETMEFIT

### Day 21

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



Pose



Day 22



20 minutes

# GETMEFIT Day 23

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



**Relieving Pose** 

Pose

Pose



Day 24



20 minutes



# Day 25

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





Day 26



20 minutes



# Day 27

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





Day 28



20 minutes

Day 29

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





Day 30



20 minutes