

## 30 Days of Yoga (Days 1-10)



Day 1 – Space

Day 2 – Focus

Day 3 – Air

Day 4 - Open

Day 5 – Emotion

Day 6 – Love

Day 7 – Release

Day 8 – Embrace

Day 9 – Feel

Day 10 - Stretch

## 30 Days of Yoga (Days 11-20)



Day 11 – [Stability](#)

Day 12 – [Strength](#)

Day 13 – [Motion](#)

Day 14 - [Nurture](#)

Day 15 – [Grounding](#)

Day 16 – [Power](#)

Day 17 – [Life](#)

Day 18 – [Trust](#)

Day 19 – [Let Go](#)

Day 20 - [Secure](#)

## **30 Days of Yoga (Days 21-30)**



**Day 21 – Evolution**

**Day 22 – Energy**

**Day 23 – Support**

**Day 24 - Brave**

**Day 25 – Recovery**

**Day 26 – Free**

**Day 27 – Acceptance**

**Day 28 – Respect**

**Day 29 – Reflect**

**Day 30 - Happy**