

12 Days Yoga Challenge

DAY 1

Nice to
Meet You

YOGA

DAY 2

Bring Yoga
to Life

READING

DAY 3

Basic
Poses

YOGA

DAY 4

Tecniche di
Respiro

PRANAYAMA

DAY 5

Feel
Yourself

YOGA

DAY 6

My Yoga
Practice

JOURNAL

DAY 7

Vinyasa: The
Encounter

YOGA

DAY 8

Yoga Del
Sonno

NIDRA

DAY 9

Push Your
Limit

YOGA

DAY 10

Journey Into
Meditation

MEDITAZIONE

DAY 11

Embrace Who
You Are

YOGA

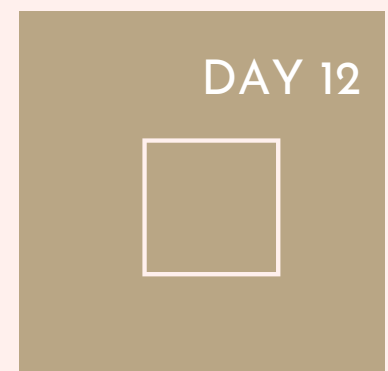
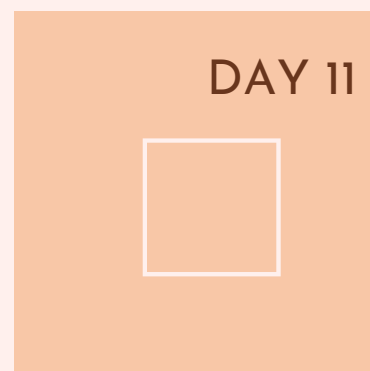
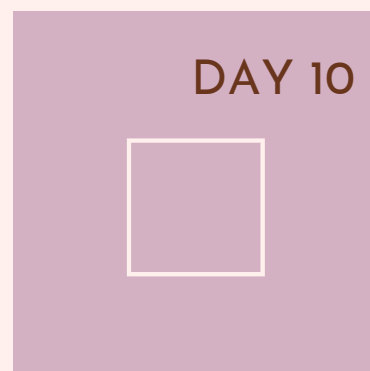
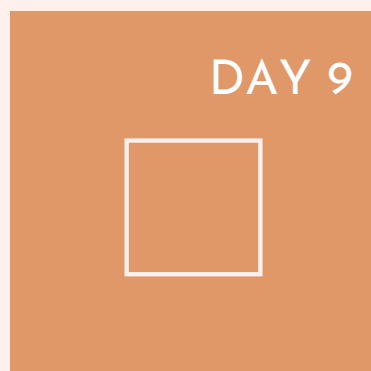
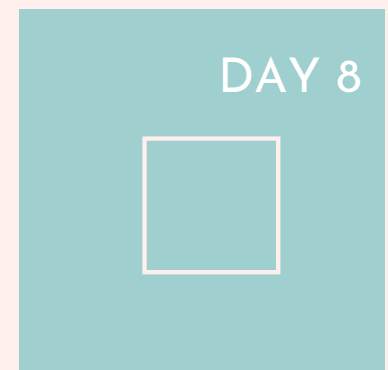
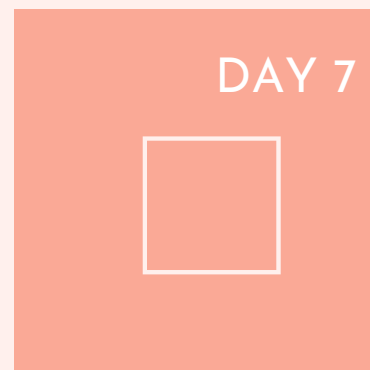
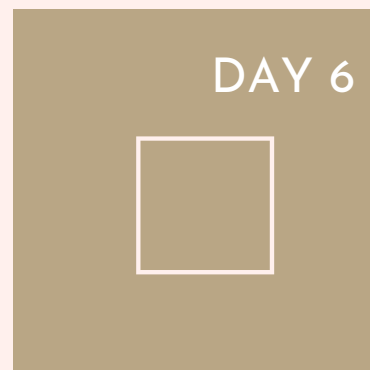
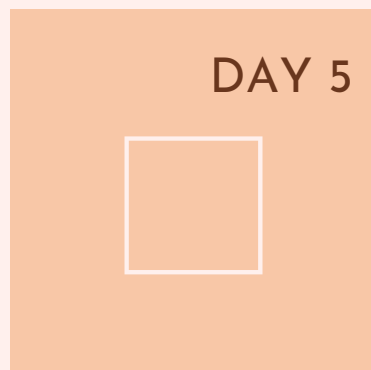
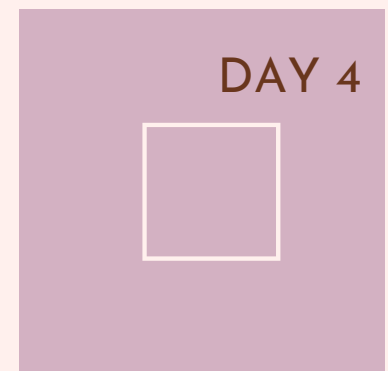
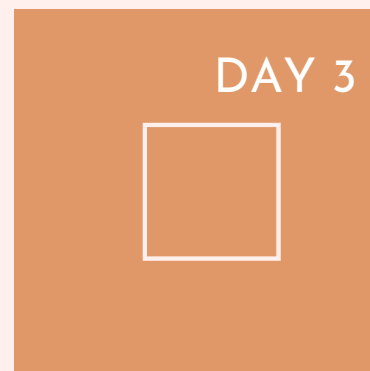
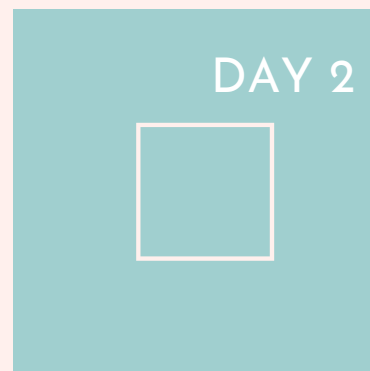
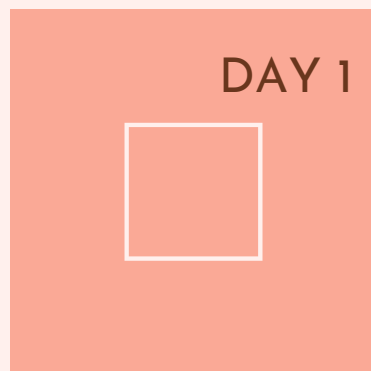
DAY 12

MyMandala

JOURNAL

#yogadiscoverychallenge

12 Days Yoga Challenge



#yogadiscoverychallenge