

# 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

# 30 days of YOGA

Day 4

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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 5

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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 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.