

A woman with dark hair in a bun, wearing a dark blue sports bra and leggings with a mesh pattern on the lower half, is performing a standing yoga pose. She is standing on a teal mat, with her arms raised high and her hands clasped together, reaching towards the ceiling. The background is a plain white wall with a light switch visible.

# MAKE THIS THE BEST MONTH EVER

30 DAY YOGA CHALLENGE

HOLY  YOGA

# 30 DAY CHALLENGE

Day 1: What Do I Need to Start a Holy Yoga Practice?

Day 2: Breath

Day 3: Resting with Prayer — 31 Minute Flow

Day 4: Mountain Pose

Day 5: Cat and Cow Pose

Day 6: Teach Us How to Pray — 29 Minute Flow

Day 7: Chair Pose

Day 8: Cobra/Sphinx Pose

Day 9: Exodus 14:13 — 15 Minute Flow

Day 10: Praying the Examen

Day 11: Gentle Flow with Jonnie — 24 Minute Flow

Day 12: Kneeling Lunge Variations

Day 13: Gentle Flow with Jill — 25 Minute Flow

Day 14: Side Plank Pose

Day 15: Insecurities



Day 16: Be Encouraged — 32 Minute Flow

Day 17: Sun Salutations

Day 18: Bridge Pose

Day 19: Connect with God — 32 Minute Flow

Day 20: Downward Facing Dog

Day 21: Love — 25 Minute Flow

Day 22: Low to High Push Up

Day 23: His Mercies are New Every Day — 27 Minute Flow

Day 24: Plank Pose

Day 25: Warrior 2 Pose

Day 26: Gentle Flow with Christina — 27 Minute Flow

Day 27: Pyramid Pose

Day 28: Warrior 3 Pose

Day 29: Gentle Flow with Grace — 26 Minute Flow

Day 30: Seated Forward Fold Pose





## YOU CAN DO IT!

We hope that this guide is a useful tool to help you kickstart your yoga/wellness journey, and pray this leaves you feeling refreshed and balanced.

To get started, head to [holyyoga.net/holy-yoga-tv](https://holyyoga.net/holy-yoga-tv) to start your FREE trial. To find a video, click on the hyperlink of each title above, or search by focus and select "30 Day HYTV Challenge."

We would love to know what you thought and what your experience was like!

Be sure to follow us on social media and tag us @holyyogacollective using #30DayHYTVChallenge so we can see your progress!

The Holy Yoga Team  
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