

21-Day Yoga Challenge Calendar

Goal: Weight Loss + Wellness | Time: 30-45 Minutes Daily

Week 1: Foundation & Flow

Day 1 - Full Body Warm-up: 5 Surya Namaskar, Bhujangasana, Trikonasana

Day 2 - Core & Balance: Naukasana, Vrikshasana, 5 min Kapalbhathi

Day 3 - Lower Body Strength: Utkatasana, Setu Bandhasana, Malasana

Day 4 - Flexibility + Stretch: Adho Mukha Svanasana, Balasana, Marjaryasana

Day 5 - Detox Day: 10 mins Kapalbhathi + Anulom Vilom

Day 6 - Power Flow: 10 Surya Namaskar, Warrior II, Plank

Day 7 - Recovery & Rest: Savasana, Sukhasana, guided meditation

Week 2: Burn & Tone

Day 8 - Abs & Belly: Naukasana, Pawanmuktasana, Kapalbhathi

Day 9 - Glutes & Thighs: Utkatasana, Virabhadrasana I, Trikonasana

Day 10 - Stress Relief: Bhujangasana, Child's Pose, Bhramari Pranayama

Day 11 - Power Yoga: 12 Surya Namaskars + Plank Hold

Day 12 - Breath & Mind: 10 mins Kapalbhathi + Meditation

Day 13 - Full Body Circuit: Flow: Downward Dog -> Cobra -> Boat Pose

Day 14 - Light Day: Guided Yoga Nidra

Week 3: Deep Burn & Inner Peace

Day 15 - Total Body: 15 Surya Namaskars + Setu Bandhasana

Day 16 - Mindfulness Yoga: Gentle Stretch + Pranayama

Day 17 - Intense Core: Naukasana, Plank, Mountain Climbers

Day 18 - Detox Flow: Kapalbhathi, Ardha Matsyendrasana

Day 19 - Warrior Series: Virabhadrasana I, II, III

Day 20 - Power & Calm: Mix of strength + Bhramari meditation

Day 21 - Reflection & Reward: Yoga flow + write your progress journal