## Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**30-DAY PLANKS & POSES CHALLENGE**

JANUARY 1-30, 2019

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| *30* | *31*  ***HAVE FUN! SMILE! YOU CAN DO THIS!!***  Image result for TRADITIONAL SMILEY FACE yellow image | *1*  *• Forearm Plank 20 sec*  *• 5 full conscious*  *breaths* | *2*  *• Forearm Plank 20 sec*  *• An IOY class or*  *5-10 Sun Salutations* | *3*  *• Forearm Plank 30 sec*  *• An IOY class or*  *5-10 Sun Salutations* | *4*  *• Forearm Plank 30 sec*  *• An IOY class or*  *30-60 sec in a balance pose that challenges you* | *5*  *• Forearm Plank 40 sec*  *• 5-10 Sun Salutations* |
| *6*  *•* ***NO PLANK***  *• 5-10 Sun Salutations* | *7*  *• Forearm Plank 45 sec*  *• 5 full conscious*  *breaths* | *8*  *• Forearm Plank 45 sec*  *• An IOY class or 5-10 Sun Salutations* | *9*  *• Forearm Plank 1 min*  *• An IOY class or*  *Utkatasana (Chair Pose) for 30-60 sec* | *10*  *• Forearm Plank 1 min*  *• An IOY class or*  *5-10 Sun Salutations* | *11*  *• Forearm Plank 1 min*  *• An IOY class or*  *30-60 sec in a balance pose that challenges you* | 12  *• Forearm Plank 1 min + Side Forearm Plank 20 sec ea side*  *• IOY Core Workshop or 5-10 Sun Salutations* |
| *13*  *•* ***NO PLANK***  *• 5-10 Sun Salutations* | *14*  *• Forearm Plank 1 min + Side Forearm Plank 30 sec ea side*  *• 7 full conscious*  *breaths* | *15*  *• Forearm Plank 1 min + Side Forearm Plank 40 sec ea side*  *• An IOY class or*  *5-10 Sun Salutations* | *16*  *• Forearm Plank 1 min + Side Forearm Plank 45 sec ea side*  *• An IOY class or*  *Virabhadrasana A*  *(Warrior I Pose) for 30-60 sec* | *17*  *• Forearm Plank 1 min + Side Forearm Plank 45 sec ea side*  *• An IOY class or*  *5-10 Sun Salutations* | *18*  *• Forearm Plank 1 min + Side Forearm Plank 1 min ea side*  *• An IOY class or*  *30-60 sec in a balance pose that challenges you* | *19*  *•* ***NO PLANK***  *• 5-10 Sun Salutations* |
| yoga colors*20*  *• Forearm Plank 1 min + 1-Legged Forearm Plank 20 sec ea leg*  *• 5-10 Sun Salutations* | *21*  *• Forearm Plank 1 min + 1-Legged Forearm Plank 20 sec ea leg*  *• 8 full conscious*  *breaths* | *22*  *• Forearm Plank 1 min + 1-Legged Forearm Plank 30 sec ea leg*  *• An IOY class or 5-10 Sun Salutations* | *23*  *• Forearm Plank 1 min + 1-Legged Forearm Plank 40 sec ea leg*  *• An IOY class or*  *Navasana (Boat*  *Pose) for 30-60 seconds* | *24*  *• Forearm Plank 1 min + 1-Legged Forearm Plank 45 sec ea leg*  *• An IOY class or 5-10 Sun Salutations* | *25*  *• Forearm Plank 1 min + 1-Legged Forearm Plank1 min ea leg*  *• An IOY class or*  *5-10 Sun Salutations* | *26*  *•* ***NO PLANK***  *• 5-10 Sun Salutations* |
| *27*  *• Forearm Plank 1 min + Straight-Armed Bird Dog Plank 5 sec ea side*  *• 5-10 Sun Salutations* | *28*  *• Forearm Plank 1 min + Straight-Armed Bird Dog Plank 10 sec ea side*  *• 10 full conscious*  *breaths* | *29*  *• Forearm Plank 1 min +Straight-Armed Bird Dog Plank 15 sec ea side*  *• An IOY class or*  *5-10 Sun Salutations* | *30*  *• Plank 1 min + Straight-Armed Bird Dog Plank 15 sec ea side*  *• An IOY class or*  *5-10 Sun Salutations* | Image result for you did it images | *29* | yoga colors*30* |

* *Everyone who completes the challenge gets a free class and will be put in a drawing for an 8-class pass!*
* ***Time and variations of planks & poses are up to you!!*** *Stay as long as you can with good form, modifying as needed to avoid injury. Please note your time in the calendar.*
* *Other than in Breathe & Stretch, we will do the plank variation for the amount stated on this calendar in class that day.*
* [Here’s](https://www.yogauonline.com/yogau-wellness-blog/free-online-yoga-video-natasha-rizopoulos-keys-core-stability-two-postures) a video with great instruction for optimal alignment in plank. Do the whole 20 min or fast forward to 8.30 to get right to the plank instructions.
* *Sun Salutations can be whatever type you wish: ½ Sun Salutations, Surya Namaskar A, Surya Namaskar B, Lunge Salutations, etc. I suggest you mix them up.*
* ***Calendars must be received (either emailed or at IOY) by February 4 to be eligible for free class and drawing - sorry, no exceptions.***
* *Free class must be used by March 1, 2018. 8-class pass expires 1 year from first class used. Sorry, no exceptions.*
* *Drawing will take place at Dinner & a Movie, Friday, February 22, 6:30-8:30 pm. Need not be present to win.*