



Find Your Flow Yoga Challenge

Challenge Calendar

****FOR PERSONAL USE ONLY****

DIRECTIONS: Use this worksheet to try different styles of yoga. Discover what feels good to you. Yoga promotes physical and mental well-being! (NOTE: This worksheet will not be shared.)

WEEK	MON	TUES	WED	THURS	FRI
1 STANDING	<u>7-Minute Yoga Flow</u> (7 minutes)	<u>10-Minute Yoga for Neck & Shoulder Tension Relief</u> (10 minutes)	<u>Office Break Yoga</u> (14 minutes)	<u>Stand Up & Stretch</u> (11 minutes)	<u>15 Minute Beginner Yoga Practice</u> (15 minutes)
2 SEATED	<u>Yoga at Your Desk</u> (6 minutes)	<u>10-Minute Office Chair Yoga</u> (10 minutes)	<u>Chair Yoga for the Office</u> (12 minutes) <i>BONUS: Join live "Yoga for All" on WebEx!</i>	<u>Chair Yoga</u> (10 minutes)	<u>12-Minute Chair Yoga for Travel & the Office</u> (12 minutes)
3 FLOOR	<u>5-Minute Full Body Yoga Stretch</u> (5 minutes)	<u>6-Minute Yoga Chill</u> (6 minutes)	<u>Mobility Yoga for Neck & Shoulder Relief</u> (10 minutes)	<u>Gentle 12-Minute Floor Yoga</u> (12 minutes)	<u>Quick & Easy 10 Minute Yoga Sequence</u> (10 minutes)

Please let us know you participated and which style of yoga was your favorite [HERE](#).



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