

31 days of yoga in December!

Click the buttons below – **B** for beginners, or **E** for more experienced yogis – to play the suggested daily video and enjoy your practice. Track the number of yoga minutes each day to get your total yoga minutes in December.

Day	Theme	Level		Mins	19	Get the energy going!	B	E	
Week 1		Click here		Add your minutes	20	Yoga for better mental health	B	E	
1	Let's get started	B	E		Week 4				
2	Back to basics	B	E		21	Cosy yoga	B	E	
3	Ground yourself	B	E		22	Neck and shoulders	B	E	
4	Just breathe...	B	E		23	Chair yoga	B	E	
5	Find your inner peace	B	E		24	Yoga nidra (guided relaxation)	B	E	
6	Easy like Sunday morning	B	E		25	Christmas special for all family	B	E	
Week 2				26	Digesting...	B	E		
7	Improve your posture	B	E		27	Lazy yoga	B	E	
8	Yoga after work	B	E		Week 5				
9	Open your heart	B	E		28	Bedtime yoga	B	E	
10	Boost your immunity	B	E		29	Lift your mood	B	E	
11	Stress relief yoga	B	E		30	Broaden your horizons	B	E	
12	Balancing act	B	E		31	Feel good	B	E	
13	Self care yoga	B	E		Total minutes				
Week 3									
14	Yoga at your desk	B	E		Weekly fundraising total				
15	Let it go, let it go...	B	E		Week 1 £		Week 2 £		Week 3 £
16	Up the wall yoga	B	E		Week 4 £		Week 5 £		Total £
17	Love your back	B	E						
18	And stretch...	B	E						