

Yoga

Take Notice Challenge

Savouring ‘the moment’ can help you to feel more positive about life. Yoga is a wonderful way to do this, so take on this 14-day yoga challenge as part of your Feel Good Fortnight.

Use our yoga plan to take you on a 14 day journey to improved wellbeing, record how many minutes a day you complete and feel the difference at the end of the fortnight.

Feel good and do good by setting up your JustGiving page to help raise funds and awareness for better mental health.



Yoga Challenge

Week 1

Simply tap the links below to visit each practice.

Suggested practice		Daily minutes
Day 1	<u>Wake up and rise</u>	
Day 2	<u>Mood lifter</u>	
Day 3	<u>Improve your posture</u>	
Day 4	<u>Yoga Nidra</u>	
Day 5	<u>After Work Yoga</u>	
Day 6	<u>Chair Yoga</u>	
Day 7	<u>Ground and reset</u>	

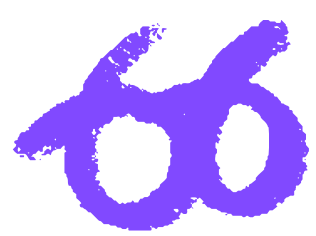
Yoga Challenge

Week 2

Simply tap the links below to visit each practice.

Suggested practice	Daily minutes	
Day 8	<u>When you're feeling unmotivated</u>	
Day 9	<u>Dancing warrior</u>	
Day 10	<u>Family Yoga</u>	
Day 11	<u>Stretching</u>	
Day 12	<u>Trusting your intuition</u>	
Day 13	<u>Yoga for anxiety and stress</u>	
Day 14	<u>A little bit of everything</u>	

**Total minutes of
yoga completed**



**I took time every day
during Feel Good Fortnight.**

**I completed the
Yoga Challenge to spread
positivity and raise money
for mental health.**

