



Alive. Align. Aspire.



EXPLORE YOUR FULL POTENTIAL | 21 DAY YOGA CHALLENGE

Day 01	Day 02	Day 03	Day 04	Day 05	Day 06	Day 07
<u>Yoga for Success</u> 14 min	<u>Yoga for Peace</u> 11 min	<u>Super Salad I Recipe #1</u> 2 min	<u>Yoga for Wellbeing</u> 12 min	<u>Chit Shakti for Success</u> 22 min	<u>Introduction to Meditation</u> 13 min	<u>Isha Kriya</u> 20 min
Day 08	Day 09	Day 10	Day 11	Day 12	Day 13	Day 14
<u>Yoga for Health</u> 15 min	<u>Yoga for Joy</u> 13 min	<u>Pranic Porridge I Recipe #2</u> 2 min	<u>Earth Meditation</u> 12 min	<u>Chit Shakti for Health</u> 23 min	<u>Yoga for Immunity</u> 10 min	<u>Nada Aradhana</u> 12 min
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<u>Cleansing the Elements</u> 12 min	<u>Shambhavi Mudra</u> 8 min	<u>Super Salad I Recipe #3</u> 1 min	<u>Mantra Yoga</u> 11 min	<u>Chit Shakti for Peace</u> 22 min	<u>Yoga for All</u> 3 min	<u>Infinity Meditation</u> 35 min

"This is not about being superhuman - this is about realising that being human is super."
- Sadhguru

