

30 days of yoga in November!

Click on the appropriate level – **B** for beginners, or **E** for more experienced yogis, to start the suggested daily video and enjoy your practice. Track the number of yoga minutes each day to get your total yoga minutes in November.



Day	Theme	Level		Mins.
1	Let's start	B	E	
2	Good morning	B	E	
3	Sunday stretch	B	E	
4	Melt your stress away	B	E	
5	Ground yourself	B	E	
6	Yoga after work	B	E	
7	Couch potato yoga	B	E	
8	For the end of the week	B	E	
9	Downward dog	B	E	
10	Bedtime yoga	B	E	
11	Build resilience	B	E	
12	Improve your posture	B	E	
13	Energise!	B	E	
14	Chair yoga	B	E	
15	Yoga nidra	B	E	
16	Mood lifter	B	E	
17	Something new – qigong	B	E	

Day	Theme	Level		Mins.
18	For stress and anxiety	B	E	
19	Love your back	B	E	
20	Feeling unmotivated?	B	E	
21	Loosen up	B	E	
22	Restorative yoga	B	E	
23	Sun salute	B	E	
24	Immune system boost	B	E	
25	Wall yoga	B	E	
26	Neck and shoulders	B	E	
27	Balance	B	E	
28	Full body	B	E	
29	Inner peace	B	E	
30	Gratitude	B	E	

Total minutes of yoga in November

Congratulations!

Scan the QR code to access our digital resources page.



Weekly fundraising total

Raise £100 for your yoga kit!

Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
£	£	£	£	£	£



Mind is a registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.

