



Find Your Flow Yoga Challenge

Challenge Calendar

Directions: Use this worksheet to try different styles of yoga. At the end of the challenge, please complete this submission form for a chance to win a prize: https://stateofennessee.formstack.com/forms/wfhtn_find_your_flow_yoga_challenge_submission

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1 (Seated)	<u>Yoga at Your Desk</u> (6 minutes)	<u>Office Chair Yoga</u> (10 minutes)	<u>Chair Yoga for the Office</u> (12 minutes)	<u>Chair Yoga</u> (10 minutes)	<u>Chair Yoga for Travel & the Office</u> (12 minutes)
2 (Standing)	<u>Yoga Flow</u> (7 minutes)	<u>Hands Free Yoga</u> (15 minutes)	<u>Office Break Yoga</u> (14 minutes)	<u>Stand Up & Stretch</u> (11 minutes)	<u>Beginner Yoga Practice</u> (15 minutes)
Optional (Floor)	<u>Full Body Stretch</u> (5 minutes)	<u>Yoga Chill</u> (6 minutes)	<u>Yoga for Neck & Shoulder Relief</u> (17 minutes)	<u>Gentle Floor Yoga</u> (12 minutes)	<u>Quick & Easy Yoga Sequence</u> (10 minutes)

We want to see you in action! Send a photo ([with permission](#)) of you practicing your favorite yoga pose to WFHT.TN@tn.gov.