

Yoga Calendar

Thirty days of short yoga practices, from first pose to steady flow

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

MAT + PROPS

Blocks and strap are optional

YOUR MONTH AT A GLANCE

Foundations · Gentle Flow · Hips & Hamstrings · Restorative · Standing Strength · Balance Basics · Sun Salutation Basics · Sun Salutation Flow · Gentle Backbends · Standing Flow

START HERE

A month of 15 to 30 minute practices that rotate between standing flows, hip and hamstring work, gentle backbends, balance, and restorative sessions. Poses are named plainly and every practice ends with a few quiet minutes.

WHO THIS IS FOR

Adults new to yoga or returning after a break, who want a printed sequence to follow at home instead of choosing a video each day.

EQUIPMENT

A mat or a non-slip surface. Optional: two blocks or thick books, a folded blanket for kneeling, and a strap or belt for hamstring work.

INTENSITY GUIDE

RPE 1-2	Rest or very easy movement
RPE 3-4	Easy, conversation feels natural
RPE 5	Moderate, working but controlled
RPE 6	Challenging, never sharp or unstable

HOW TO USE THE CALENDAR

- Follow the days in order.
- Move at the pace of your breath rather than the clock, and use blocks freely - a supported pose done well is better than an unsupported one done badly.
- Never force a stretch, and keep the restorative days restorative.

FIVE-MINUTE WARM-UP

1 minute	Seated or standing breathing	Settle into an easy rhythm
1 minute	Neck turns and shoulder rolls	Loosen the upper body
1 minute	Cat-cow on hands and knees	Move the hips comfortably
1 minute	Child's pose to tabletop, moving with the breath	Keep the depth pain-free
1 minute	Standing forward fold with bent knees, rolling up slowly	a little warmer

BEFORE EACH SESSION

- | | | | |
|--|---|---|--|
| ☐ Clear the floor | ☐ Stable chair or wall | ☐ Water within reach | ☐ Pain-free starting position |
|--|---|---|--|

THREE-MINUTE COOL-DOWN

1 min

Slow the march until breathing settles.

1 min

Stretch calves, chest, and hips gently.

1 min

Take slow breaths and notice how the session felt.

30-day calendar overview

Tick the box for each completed day

1 Foundations RPE 2/10	2 Gentle Flow RPE 3/10	3 Hips & Hamstrings RPE 3/10	4 Restorative RPE 1/10	5 Standing Strength RPE 4/10
6 Balance Basics RPE 3/10	7 Restorative RPE 1/10	8 Sun Salutation Basics RPE 4/10	9 Gentle Flow RPE 3/10	10 Hips & Hamstrings RPE 3/10
11 Restorative RPE 1/10	12 Standing Strength RPE 5/10	13 Balance Basics RPE 4/10	14 Restorative RPE 1/10	15 Sun Salutation Flow RPE 5/10
16 Gentle Backbends RPE 4/10	17 Hips & Hamstrings RPE 4/10	18 Restorative RPE 1/10	19 Standing Flow RPE 5/10	20 Core & Balance RPE 5/10
21 Restorative RPE 1/10	22 Sun Salutation Flow RPE 6/10	23 Gentle Backbends RPE 5/10	24 Hips & Hamstrings RPE 4/10	25 Restorative RPE 1/10
26 Standing Flow RPE 6/10	27 Core & Balance RPE 6/10	28 Restorative RPE 1/10	29 Full Practice RPE 5/10	30 Reflect & Rest RPE 2/10

Days 1-6

[Complete session details](#)

Foundations

Exercises Mountain pose; standing forward fold; low lunge; child's pose; seated breathing

1

Dose

5 breaths each; 2 passes

Rest

20 sec between poses

Intensity

Very easy · RPE 2/10

Gentle Flow

Exercises Cat-cow; downward dog with bent knees; low lunge; forward fold; mountain

2

Dose

3 rounds of the sequence

Rest

30 sec between rounds

Intensity

Easy · RPE 3/10

Hips & Hamstrings

Exercises Low lunge; half split; seated forward fold with strap; reclined figure-four

3

Dose

60 sec each side; 2 passes

Rest

20 sec between poses

Intensity

Easy · RPE 3/10

Restorative

Exercises Supported child's pose; legs up the wall; reclined twist; savasana

4

Dose

3 min; 5 min; 90 sec/side; 5 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Standing Strength

Exercises Warrior II; extended side angle with block; chair pose; mountain

5

Dose

5 breaths each side; 2 rounds

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Balance Basics

Exercises Tree pose at a wall; standing figure-four with chair; warrior III with blocks

6

Dose

30 sec each side; 2 passes

Rest

30 sec between poses

Intensity

Easy · RPE 3/10

Days 7-12

[Complete session details](#)

Restorative

Exercises Supported child's pose; legs up the wall; reclined twist; savasana

7

Dose

3 min; 5 min; 90 sec/side; 5 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Sun Salutation Basics

Exercises Mountain; forward fold; half lift; low plank on knees; cobra; downward dog

8

Dose

4 rounds, slow

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Gentle Flow

Exercises Cat-cow; downward dog; low lunge; forward fold; mountain

9

Dose

4 rounds of the sequence

Rest

30 sec between rounds

Intensity

Easy · RPE 3/10

Hips & Hamstrings

Exercises Low lunge; half split; seated forward fold with strap; reclined figure-four

10

Dose

75 sec each side; 2 passes

Rest

20 sec between poses

Intensity

Easy · RPE 3/10

Restorative

Exercises Supported child's pose; legs up the wall; reclined twist; savasana

11

Dose

3 min; 6 min; 2 min/side; 5 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Standing Strength

Exercises Warrior II; extended side angle with block; chair pose; warrior I

12

Dose

5 breaths each side; 3 rounds

Rest

45 sec between rounds

Intensity

Moderate · RPE 5/10

Days 13-18

[Complete session details](#)

Balance Basics

Exercises Tree pose free-standing; standing figure-four; warrior III with blocks

13

Dose

40 sec each side; 2 passes

Rest

30 sec between poses

Intensity

Easy-moderate · RPE 4/10

Restorative

Exercises Supported child's pose; legs up the wall; reclined twist; savasana

14

Dose

3 min; 6 min; 2 min/side; 5 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Sun Salutation Flow

Exercises Mountain; forward fold; half lift; plank; cobra or upward dog; downward dog

15

Dose

6 rounds, steady

Rest

30 sec between rounds

Intensity

Moderate · RPE 5/10

Gentle Backbends

Exercises Sphinx; cobra; supported bridge on a block; camel with hands on hips

16

Dose

5 breaths each; 3 passes

Rest

30 sec between poses

Intensity

Easy-moderate · RPE 4/10

Hips & Hamstrings

Exercises Low lunge; lizard with blocks; half split; pigeon or reclined figure-four

17

Dose

75 sec each side; 2 passes

Rest

20 sec between poses

Intensity

Easy-moderate · RPE 4/10

Restorative

Exercises Supported child's pose; legs up the wall; reclined twist; savasana

18

Dose

3 min; 6 min; 2 min/side; 6 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Days 19-24

[Complete session details](#)

Standing Flow

Exercises Warrior II; side angle; triangle with block; chair; forward fold

19

Dose

5 breaths each side; 3 rounds

Rest

45 sec between rounds

Intensity

Moderate · RPE 5/10

Core & Balance

Exercises Tabletop bird dog; forearm plank; boat with bent knees; tree pose

20

Dose

3 rounds: 8/side; 25 sec; 25 sec; 40 sec/side

Rest

45 sec between rounds

Intensity

Moderate · RPE 5/10

Restorative

Exercises Supported child's pose; legs up the wall; reclined twist; savasana

21

Dose

3 min; 6 min; 2 min/side; 6 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Sun Salutation Flow

Exercises Full sequence with warrior I added on each side

22

Dose

6 rounds, steady

Rest

30 sec between rounds

Intensity

Moderate · RPE 6/10

Gentle Backbends

Exercises Sphinx; cobra; supported bridge; camel with hands on hips; child's pose

23

Dose

6 breaths each; 3 passes

Rest

30 sec between poses

Intensity

Moderate · RPE 5/10

Hips & Hamstrings

Exercises Low lunge; lizard; half split; pigeon or reclined figure-four; seated fold

24

Dose

90 sec each side; 2 passes

Rest

20 sec between poses

Intensity

Easy-moderate · RPE 4/10

Days 25-30

Complete session details

Restorative

Exercises Supported child's pose; legs up the wall; reclined twist; savasana

25

Dose

3 min; 7 min; 2 min/side; 6 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Standing Flow

Exercises Warrior II; side angle; triangle; chair; warrior III with blocks

26

Dose

5 breaths each side; 3 rounds

Rest

40 sec between rounds

Intensity

Moderate · RPE 6/10

Core & Balance

Exercises Bird dog; forearm plank; boat; tree pose; standing figure-four

27

Dose

3 rounds: 10/side; 30 sec; 30 sec; 45 sec/side; 30 sec/side

Rest

45 sec between rounds

Intensity

Moderate · RPE 6/10

Restorative

Exercises Supported child's pose; legs up the wall; reclined twist; savasana

28

Dose

3 min; 7 min; 2 min/side; 6 min

Rest

Continuous, no effort

Intensity

Very easy · RPE 1/10

Full Practice

Exercises Warm-up; 4 sun salutations; warrior II and triangle; hip sequence; savasana

29

Dose

25-30 min continuous

Rest

Pause between blocks as needed

Intensity

Moderate · RPE 5/10

Reflect & Rest

Exercises Slow gentle flow; long savasana; monthly review

30

Dose

12 min flow + 8 min savasana

Rest

Continuous, no effort

Intensity

Very easy · RPE 2/10

Warm-up, modifications & progressions

WARM-UP BEFORE EVERY TRAINING DAY

Minute 1	Seated or standing breathing	1 minute	Raise body temperature without rushing
Minute 2	Neck turns and shoulder rolls	1 minute	Free the shoulders and upper back
Minute 3	Cat-cow on hands and knees	1 minute	Prepare hips and comfortable depth
Minute 4	Child's pose to tabletop, moving with the breath	1 minute	Mobilise ankles and lower legs
Minute 5	Standing forward fold with bent knees, rolling up slowly	1 minute	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Bend the knees generously in every forward fold and downward dog.

- Use two blocks under the hands in lunges, triangle, and warrior III.

- Practise low plank and cobra with the knees down.

- Replace pigeon with reclined figure-four throughout.

- Halve the number of rounds and keep the full closing rest.

OPTIONAL PROGRESSIONS

- Add one round to a flow once the breath stays steady from start to finish.

- Lower or remove a block one pose at a time.

- Hold standing poses for one extra breath each week.

- Move from bent-knee boat to straighter legs only when the lower back stays long.

- Progress only after every repetition stays steady and pain-free.

PRACTICAL MOVEMENT SUBSTITUTIONS

Deep fold	Keep knees bent and use blocks or a chair
Floor pose	Choose a supported or reclined version
Balance	Use a wall and shorten the hold

Weekly review & recovery

WEEK 1

Which sessions felt most approachable?

What will make next week easier?

WEEK 2

Where did technique improve?

Did the recovery days feel sufficient?

WEEK 3

What changed in energy or confidence?

Which modification worked best?

WEEK 4

What routine is worth continuing?

Choose one realistic next-month goal.

RECOVERY CHECKLIST

☐ Sleep routine

☐ Regular meals

☐ Water available

☐ Gentle movement

☐ Rest day protected

☐ No sharp pain

Finish safely. Keep moving forward.

SAFETY DISCLAIMER

This plan provides general fitness information, not medical advice. Consult a qualified health professional when appropriate, particularly for neck, shoulder, knee, or back concerns. Come out of any pose that causes sharp, pinching, or worsening pain, and stop for chest pain, faintness, or unusual shortness of breath. Results vary and no outcome is guaranteed.

30-DAY COMPLETION RECORD

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FINAL REFLECTION

The habit I am most proud of:

The movement I want to keep practising:

My realistic next step:

Ready for your next calendar?

Get more printable fitness calendars at FitnessCalendars.com.