

EMILY HARTLEY



**7 DAY
BEGINNER
YOGA PLAN**

Take a deep breath

A Simple Yoga Journey
for Every Body.



By
(Emily Hartley)

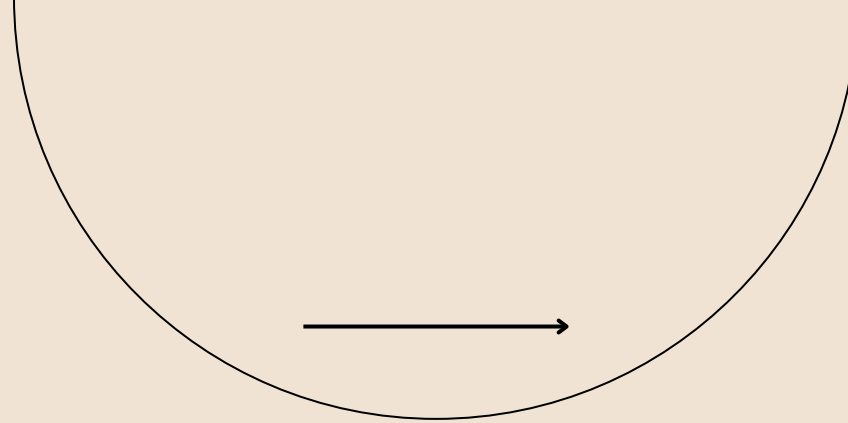
Introduction



WELCOME TO YOUR 7-DAY BEGINNER YOGA PLAN! THIS PLAN IS YOUR GENTLE INTRODUCTION TO THE WORLD OF YOGA. EACH DAY IS THOUGHTFULLY DESIGNED TO HELP YOU BUILD FLEXIBILITY, STRENGTH, BALANCE, AND INNER PEACE—STEP BY STEP. NO PRIOR EXPERIENCE NEEDED—JUST A MAT, SOME SPACE, AND A FEW QUIET MINUTES EACH DAY.

LET'S BEGIN YOUR JOURNEY.

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DAY 1

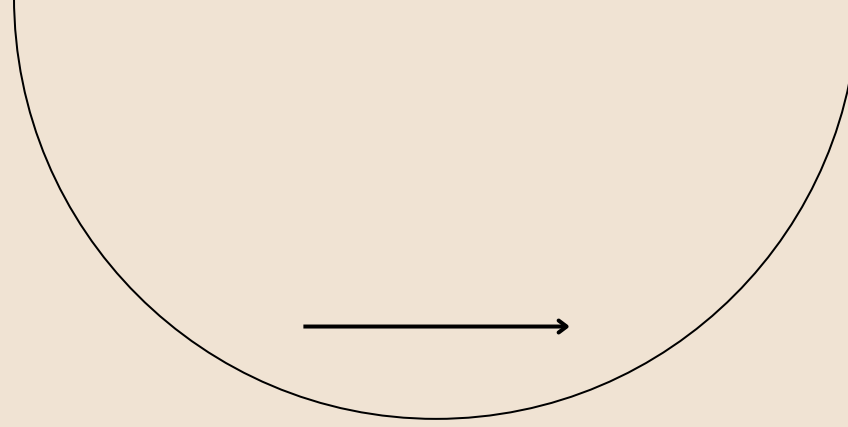
GENTLE START

Today is about creating a calm and welcoming space for your body and mind. You'll begin with foundational poses

Poses & Timing:

- *Child's Pose – Hold for 1–2 minutes*
- *Cat-Cow Stretch – 8 rounds (inhale/exhale)*
- *Seated Forward Fold – Hold for 30 seconds × 2*





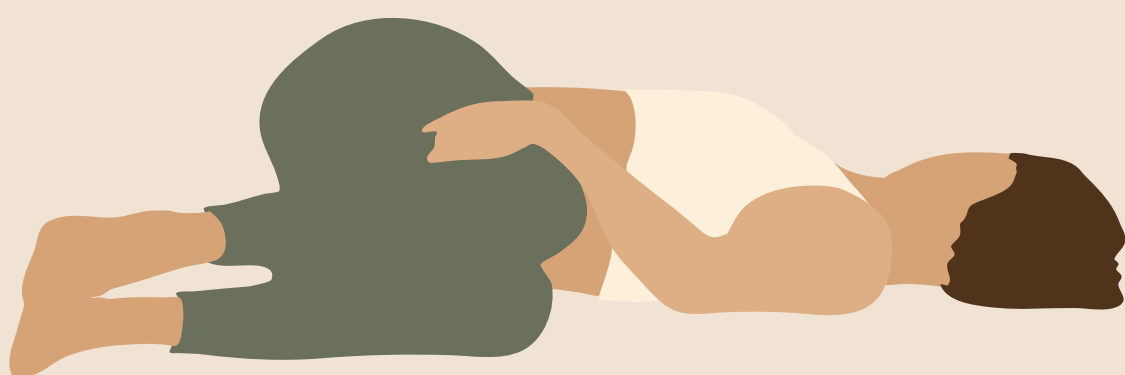
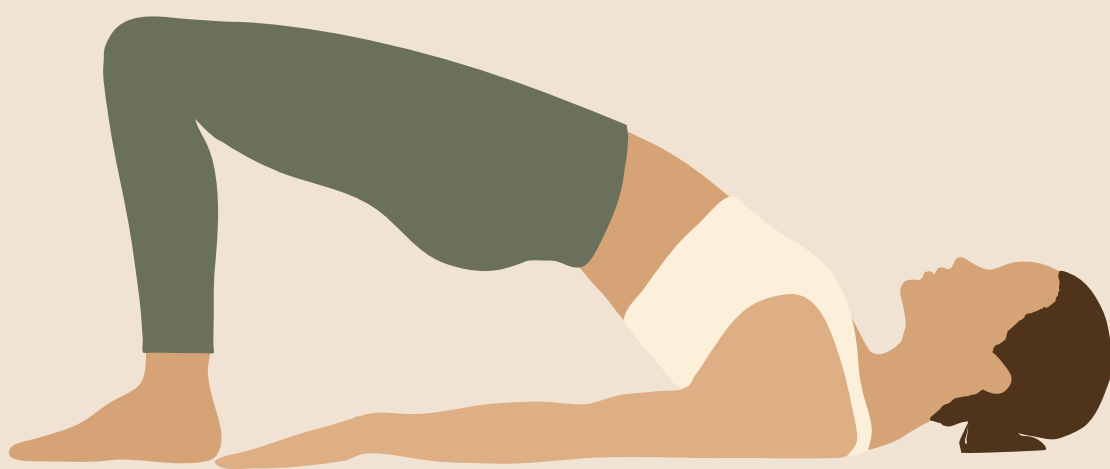
DAY 2

CORE CONNECTION

Core strength is key to maintaining posture and preventing injuries.

Poses & Timing:

- *Bridge Pose – Hold for 30 seconds × 3*
- *Boat Pose – Hold for 15 seconds × 3*
- *Supine Twist – Hold for 30 seconds on each side*



DAY 3

FLOW & FLEXIBILITY

Flow-based yoga connects breath with movement, increasing circulation and energy.

Poses & Timing:

- *Mountain Pose – Hold for 1 minute*
- *Downward Dog – Hold for 30 seconds × 2*
- *Cobra Pose – Hold for 20 seconds × 3*
- *Warrior I – Hold for 30 seconds each side*



DAY 4

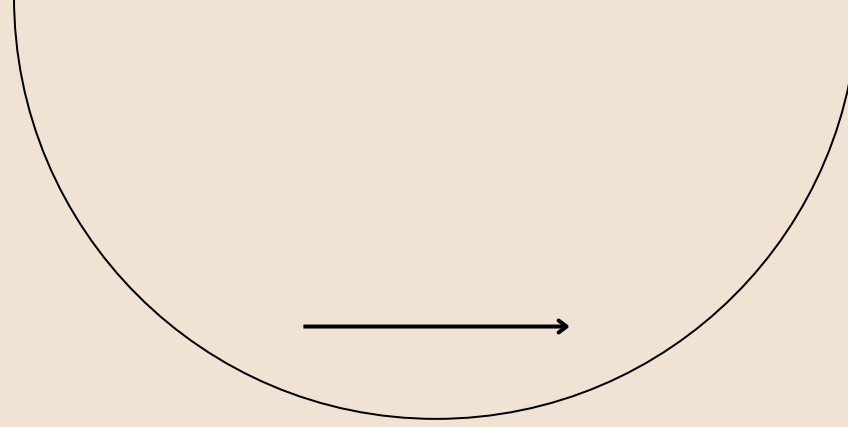
BALANCE & FOCUS

Yoga isn't just physical—it's a practice in concentration and mental clarity.

Poses & Timing:

- *Chair Pose – Hold for 30 seconds × 2*
- *Warrior II – Hold for 30 seconds on each side*





DAY 5

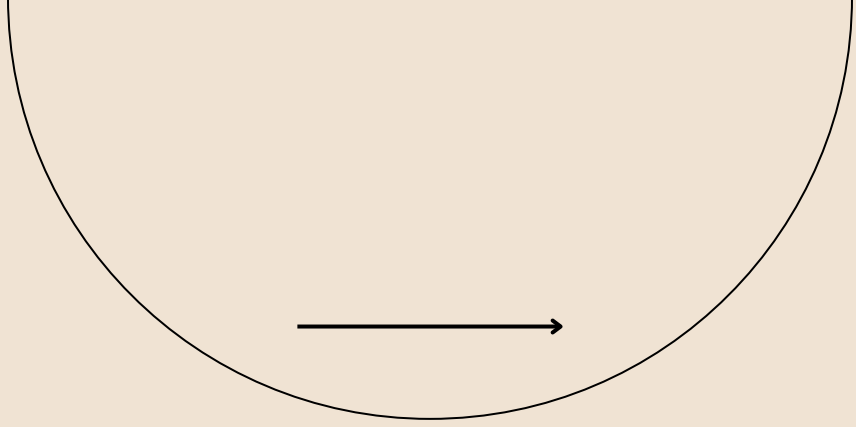
STRESS RELIEF

This restorative session focuses on deep release and calming your nervous system.

Poses & Timing:

- *Legs Up the Wall – Hold for 3–5 minutes*
- *Reclining Bound Angle – Hold for 2 minutes*
 - *Forward Fold – Hold for 1 minute*





DAY 6

FULL BODY

WAKE-UP

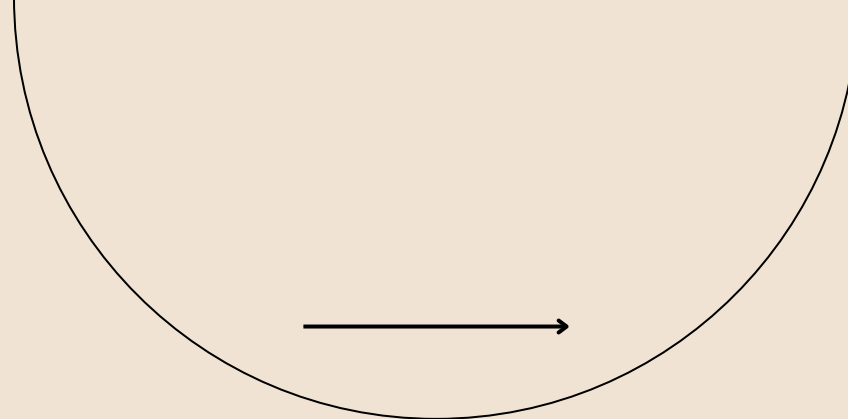
Let's bring life to your practice with energizing poses that build confidence and flow.

Poses & Timing:

- *Sun Salutation – Repeat 3 times*
- *Crescent Lunge – Hold for 30 seconds each side*
- *Triangle Pose – Hold for 30 seconds each side*



Note: Check proper pose for sun salutation in our website.



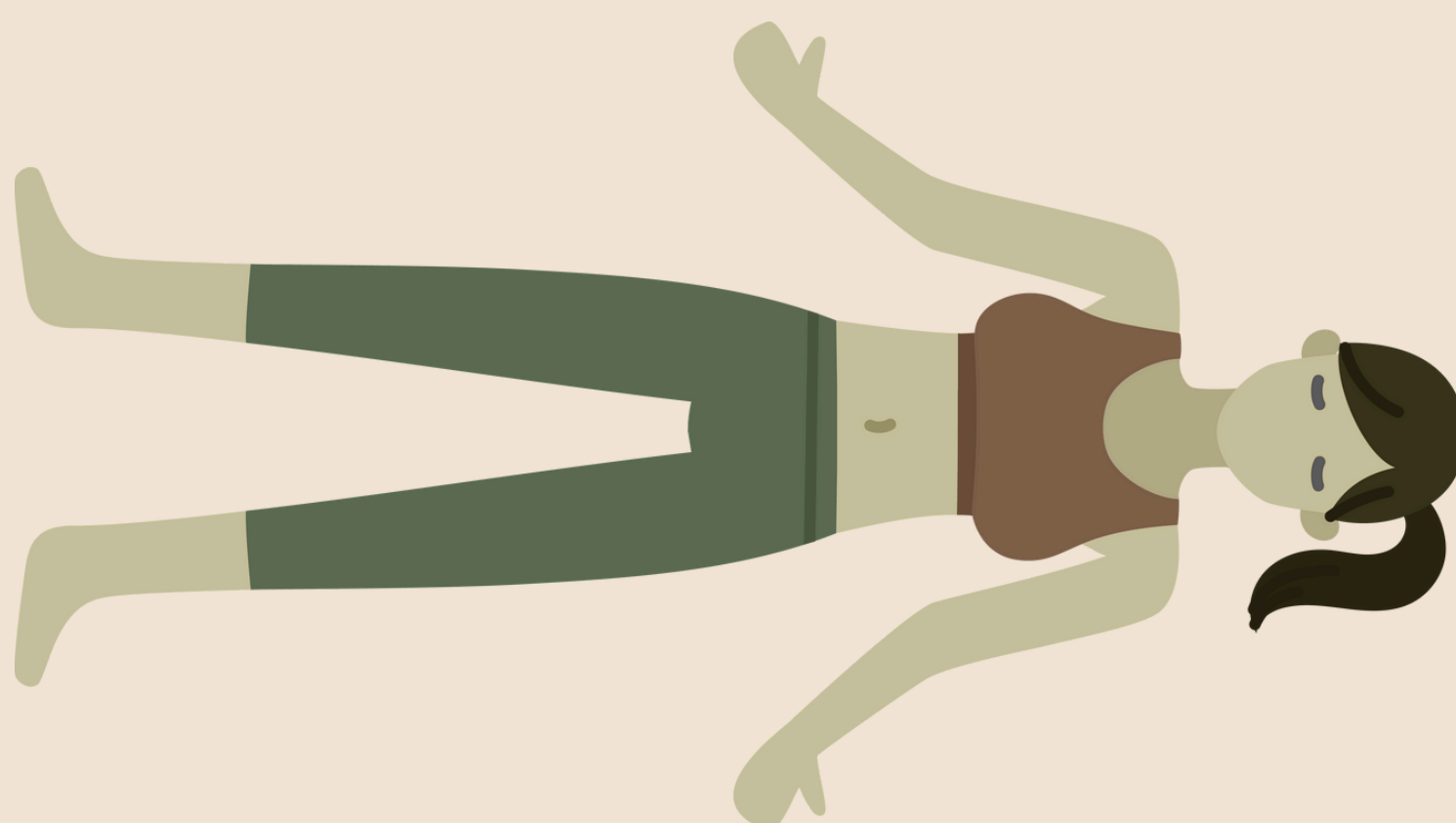
DAY 7

REST & REFLECT

Your final day is all about integration. You'll revisit stillness, tune into your breath, and absorb all the benefits

Poses & Timing:

- *Child's Pose – Hold for 2–3 minutes*
- *Supine Twist – Hold for 1 minute each side*
- *Savasana – Rest for 5–10 minutes*



FINAL NOTE



This plan is designed to be flexible, skip poses that don't feel right, repeat what you love, and listen to your body always. Progress in yoga is about consistency, not intensity.



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THANK YOU