Build strength, balance, and flexibility with 2-3 workouts a week.

New to yoga? This 4-week Beginner Yoga plan allows your body time to get used to the yoga movement patterns and build strength, balance, and flexibility. Taking it slowly also gives you an opportunity to learn specific “skills” yoga builds—such as moving with grace and fluidity. Each week gives you around 2-3 sessions of flexibility, approximately 30 minutes each session. Yoga mat and yoga blocks are recommended.

What are you waiting for? In 4 short weeks, you will understand the basics of yoga and greatly improve your flexibility and balance. Review the workout plan on the following page. Plan these workouts on your calendar by using the monthly exercise tracker as a guide. Navigate the workouts by clicking on the hyperlinks on the specific days of the program. Choose a workout from the list of classes from our on-demand library of fitness classes that fits your schedule. On the days that you are planning to “rest,” do active recovery activities that include walking, biking, or stretching to aid reaching your fitness goals.

If you have any questions, please email Employee Health and Wellbeing at wellbeing@udel.edu.
Build strength, balance, and flexibility with 2-3 workouts a week.
Plan your workouts using the monthly exercise tracker. Navigate the workouts by clicking on the hyperlinks below to view the list of classes from our on-demand library of fitness classes. Choose a workout from the list of classes that fits your schedule.

**Workouts a week:** 2-3

**Equipment Optional:** Mat, Blocks, Strap

1. **DAY 1 - FLEXIBILITY**
   - STRETCH & MOBILITY
   - You can choose to use this day as a rest day or do another activity.

2. **DAY 2**
   - You can choose to use this day as a rest day or do another activity.

3. **DAY 3**
   - You can choose to use this day as a rest day or do another activity.

4. **DAY 4 - FLEXIBILITY**
   - YOGA BREAK

5. **DAY 5**
   - You can choose to use this day as a rest day or do another activity.

6. **DAY 6**
   - You can choose to use this day as a rest day or do another activity.

7. **DAY 7**
   - You can choose to use this day as a rest day or do another activity.

8. **DAY 8 - FLEXIBILITY**
   - YOGA BREAK

9. **DAY 9**
   - You can choose to use this day as a rest day or do another activity.

10. **DAY 10**
    - You can choose to use this day as a rest day or do another activity.

11. **DAY 11 - FLEXIBILITY**
    - STRETCH & MOBILITY

12. **DAY 12**
    - You can choose to use this day as a rest day or do another activity.

13. **DAY 13**
    - You can choose to use this day as a rest day or do another activity.

14. **DAY 14**
    - You can choose to use this day as a rest day or do another activity.

15. **DAY 15 - FLEXIBILITY**
    - YOGA BREAK

16. **DAY 16**
    - You can choose to use this day as a rest day or do another activity.

17. **DAY 17 - FLEXIBILITY**
    - YOGA BREAK

18. **DAY 18**
    - You can choose to use this day as a rest day or do another activity.

19. **DAY 19**
    - You can choose to use this day as a rest day or do another activity.

20. **DAY 20 - FLEXIBILITY**
    - STRETCH & MOBILITY

21. **DAY 21**
    - You can choose to use this day as a rest day or do another activity.

22. **DAY 22 - FLEXIBILITY**
    - YOGA BREAK

23. **DAY 23**
    - You can choose to use this day as a rest day or do another activity.

24. **DAY 24**
    - You can choose to use this day as a rest day or do another activity.

25. **DAY 25 - FLEXIBILITY**
    - YOGA BREAK

26. **DAY 26 - FLEXIBILITY**
    - STRETCH & MOBILITY

27. **DAY 27**
    - You can choose to use this day as a rest day or do another activity.

28. **DAY 28**
    - You can choose to use this day as a rest day or do another activity.

**Mark to complete:**

*Note: Days 16, 18, 20, 22, and 24 are designated as rest days or optional activities.*