

5 DAY BEGINNER yoga



IF YOU'RE A YOGA NEWBIE, THIS PROGRAM IS FOR YOU

In 5 short days, you'll learn all the basics so you have the confidence to take any yoga class. Check the boxes as you go and earn a badge upon completion!



TAKE A MOMENT TO SET YOUR INTENTION BEFORE STARTING THE WEEK.

01



Yoga
Foundation
15 minutes

02



Signature
Basics
15 minutes

03



Balance and
Strength
15 minutes

04



Beginner
Flow
15 minutes

05



Yoga
Celebration
20 minutes

06

Try a yoga
workout from
the app.

07

Take a rest—
you deserve it!

Explore more live and on-demand yoga classes on your bike touchscreen,
the Openfit app, or Openfit.com.

openfit.

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.
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