



## Stress Less Challenge

Calm your mind and body in this 14-day “Stress Less” challenge. Includes a day-by-day schedule of yoga, cardio, mindfulness, stretching, and nutrition classes to manage stress and promote a healthy, positive mindset. No equipment needed (yoga mat/block optional).

## Recommended Equipment



Yoga Mat



Yoga Block

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Mindful Breathing</b>  Connect 6 min	<b>Gentle Yoga</b> Fusion 30 min  <b>OR</b> <b>Stress Relief</b> TKO 20 min	<b>Cooking to Reduce Stress</b>  Nourish 7 min	<b>Strong Harmony</b> Fusion 25 min  <b>OR</b> <b>African Dance</b> Vibe 15 min	<b>Chill</b>  Fusion 5 min	<b>Stretch Away Stress</b>  Recovery 20 min	<b>Anti-Inflammatory Foods</b>  Nourish 5 min
WEEK 2	<b>Breathing Challenge</b>  Connect 5 min	<b>Yoga Flow</b> Fusion 24 min  <b>OR</b> <b>HIIT Cardio</b> Circuits 20 min	<b>Breakfast: Start Your Day Right</b>  Nourish 2 min	<b>Yoga Stretch Live</b> Connect 20 min  <b>OR</b> <b>Strength &amp; Cardio Circuit</b> Kinetics 25 min	<b>Mindfulness 101</b>  Connect 30 min	<b>Stretch &amp; Align</b>  Recovery 7 min	<b>Eat Better, Sleep Better</b>  Nourish 4 min