



## Recommended Equipment



Yoga Mat



Yoga Block

# Stress Less Program

Calm your mind and body in this 14-day “Stress Less” program. 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).

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Light & Ready (Cardio) 25 min	Gentle Yoga (Yoga) 30 min OR Stress Relief (Kickboxing) 20 min	Cooking to Reduce Stress (Recipes) 7 min	Strong Harmony (Yoga) 25 min OR African Dance (Dance) 15 min	Cardio Intervals (Cardio) 18 min	Stretch Away Stress (Yoga) 20 min	Anti-Inflammatory Foods (Nutrition Education) 5 min
WEEK 2	The Rookie Kickboxer (Cardio) 19 min	Yoga Flow (Yoga) 24 min OR HIIT Cardio (HIIT) 20 min	Breakfast: Start Your Day Right (Nutrition Education) 2 min	Yoga Stretch Live (Yoga) 20 min OR Strength & Cardio Circuit (HIIT) 25 min	Fun Feet (Dance) 29 min	Stretch & Align (Stretch & Release) 7 min	Eat Better, Sleep Better (Nutrition Education) 4 min