

3 WEEK  
**YOGA**  
RETREAT™

POSE TRACKER



# POSE TRACKER

## 3 WEEK YOGA RETREAT™

**What's really exciting is watching yourself get good at yoga.**

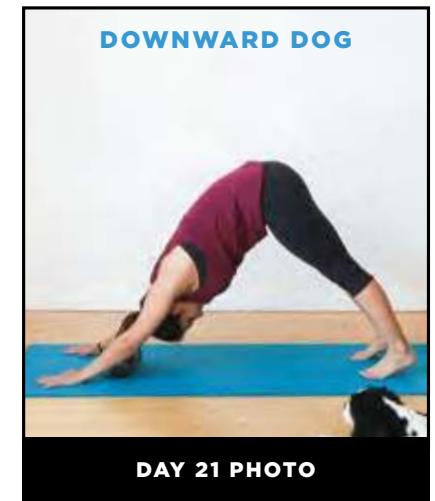
On this journey, you'll get stronger, more flexible, and improve your balance as you learn many different poses and postures. We've shared some top yoga moves that you'll find throughout your retreat on the following page. We'd like you to take "before" photos and videos of yourself doing each of these moves. Then 21 days later, try them again. We encourage you to share your experience throughout the 3 weeks on social media by tagging **#3WeekYogaRetreat**. Enter your transformation results at **BeachbodyChallenge.com**, and you'll not only have the chance to win big cash prizes, but we'll also send you a FREE GIFT!\*



*\*While supplies last.*

## Have proof of your progress by documenting your Day 1 and Day 21.

Below are examples of what your “before” and “after” photos may look like. You’ll be amazed at what you can accomplish in just 3 weeks. So, let’s get started.



Remember to share your photos and videos by tagging [#3WeekYogaRetreat](#)



## 1. FORWARD FOLD – Improves Flexibility

**Start in Mountain Pose.** Exhale and hinge at the hips while folding forward. Keep length in the spine as you move toward the full posture, placing hands or fingertips beside your feet. Release the neck and reach the crown of your head toward the mat. You should feel a stretch in the back of the legs.

**MODIFICATION:** *Slight bend in the knees or hands placed on a block.*

Download this PDF document to your computer to add your photos.

Click inside the box to import your Day 1 photo.

Note: Photo must be saved as a PDF file.

DAY 1 PHOTO

Download this PDF document to your computer to add your photos.

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DAY 21 PHOTO

**DAY 21:** Take a minute to describe your improvement. *(i.e. Now I can touch my toes, the floor, etc.)*

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## 2. PLANK – Improves Core Strength

**Start in tabletop** with wrists aligned under shoulders. Step feet back and lift hips up to shoulder height. Draw naval up to engage abdominals and keep a neutral spine, aiming for one long line from your head to your heels.

**MODIFICATION:** *Knees are placed on the mat.*

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### 3. DOWNWARD DOG – Improves Flexibility

**Start in plank or tabletop.** Turn hands slightly out with index fingers parallel to one another and pointing forward. With feet hip distance apart, lift hips up and back while pressing weight back into the balls of your feet. You should be looking back between your feet. Rotate shoulders away from one another to create space and length in the spine. You should feel a stretch in the back of your legs.

**MODIFICATION:** *Slight bend in your knees.*

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### 4. TREE – Improves Balance

**Start in Mountain Pose.** Shift weight to left foot. Lift your right foot and place sole of foot on your inner left thigh, with toes pointing down and right hip open to side. Press right foot and left thigh together while drawing hands together in front of your chest, aka “heart center,” and keep shoulders down and relaxed. Focus your eyes on a fixed point to help balance.

**MODIFICATION:** *Foot can be placed on calf or toes can remain on floor with heel on ankle. Avoid placing foot on knee.*

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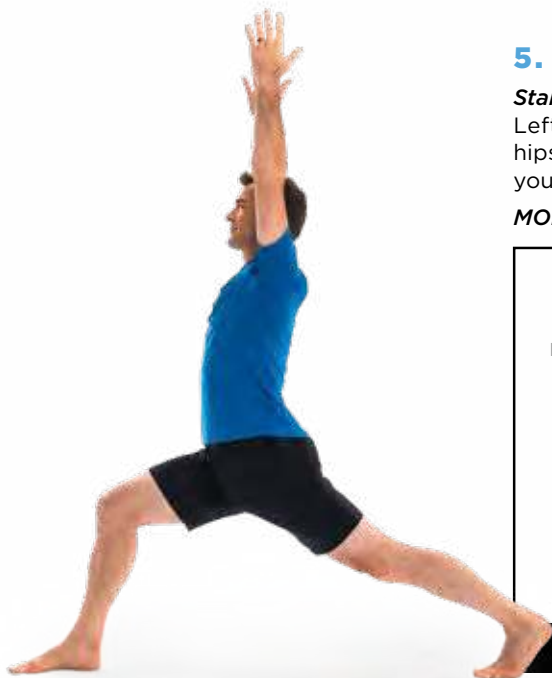
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## 5. CRESCENT POSE – Improves Strength and Balance

**Start in Downward Dog.** Step right foot forward between hands, keeping knee over ankle and in a 90-degree angle. Left leg should be straight and heel lifted. Inhale and lift arms above head, palms facing each other, and square hips to front. Draw navel toward spine and tailbone toward floor to release lower back. You should feel a stretch in your left hip.

**MODIFICATION:** Hands stay on front knee. Back leg slightly bent.

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## 6. WARRIOR II – Improves Strength

**Start in Mountain Pose.** With your left foot, take 4–5 steps back. Right foot should face the front of the mat and left foot should turn out to almost 90 degrees facing the edge of the mat. Arms lift to shoulder height parallel to floor with palms facing down. Tailbone should point toward the floor as spine lengthens. Exhale and bend right knee over right ankle, keeping the shin perpendicular to the floor. Press into the right heel and left foot keeping back leg strong. Look toward right fingers. **MODIFICATION:** Smaller range of motion with front leg.

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## 7. TRIANGLE - Improves Flexibility

**Start in Mountain Pose.** Step left foot back, keeping feet approximately one leg's length apart. Right foot should point toward front of the mat and left foot turns out slightly to 45 degrees (toes are pointing to corner of mat). Heels should be aligned with one another. Raise arms to shoulder height and parallel to floor with palms down. Reach right hand forward as hips shift back. Hinge sideways to the right (feeling a stretch in left oblique), lowering right hand to right shin or to floor outside of right foot if available (feeling a stretch behind the right leg). Left arm reaches toward the ceiling, palm facing down toward front of the mat. Keep length in the spine and rotate torso open, aiming to stack shoulders. Look toward left fingers. **MODIFICATION: Front knee can bend slightly. Right hand placed higher on leg.**

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## 8. KNEELING ROCKSTAR - Improves Strength and Flexibility

Begin sitting on heels with knees slightly separated. Place left hand on the floor behind the left foot with fingertips pointing away. Press into left hand as hips push up and away from floor and right arm extends over head. Press chest forward, relax neck, and look toward right hand (feeling a stretch in your thighs, hips, and upper back). **MODIFICATION: Smaller range of motion with backbend or place left hand on block.**

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