

7-Day Yoga Schedule

A balanced weekly yoga routine for flexibility, strength, fat loss, posture improvement, and mental calmness.

Day 1 – Full Body Activation

Focus: Energy + flexibility

- Sukshma Vyayama – 5 mins
- Surya Namaskar – 6 rounds
- Tadasana
- Trikonasana
- Veerabhadrasana I & II
- Bhujangasana
- Setu Bandhasana
- Pawanmuktasana
- Shavasana – 7 mins
- Pranayama: Kapalabhati & Anulom Vilom

Day 2 – Core & Fat Loss

Focus: Belly fat + stamina

- Warm-up – 5 mins
- Surya Namaskar – 8 rounds
- Naukasana
- Phalakasana (Plank)
- Utkatasana
- Parvatasana
- Dhanurasana
- Ardha Halasana
- Pranayama: Bhastrika & Ujjayi
- Meditation – 10 mins

Day 3 – Hip & Spine Mobility

Focus: Flexibility + posture

- Cat-Cow stretch
- Marjariasana
- Adho Mukha Svanasana
- Baddha Konasana
- Malasana
- Janu Sirsasana
- Paschimottanasana
- Ardha Matsyendrasana
- Yoga Nidra – 15 mins

Day 4 – Strength & Balance

Focus: Muscle tone + stability

- Surya Namaskar – 5 rounds
- Vrikshasana
- Garudasana
- Veerabhadrasana III
- Chaturanga practice
- Side plank
- Ustrasana
- Shalabhasana
- Pranayama: Nadi Shodhana – 10 mins

Day 5 – Deep Stretch & Recovery

Focus: Relaxation + recovery

- Butterfly stretch
- Child's pose
- Happy Baby pose
- Supine twist
- Viparita Karani
- Bhramari – 7 rounds
- Om chanting – 5 mins

Day 6 – Power Yoga Day

Focus: Fat burn + endurance

- Dynamic Surya Namaskar – 10 rounds
- Chair pose flow
- High plank to low plank
- Warrior flow
- Boat pose hold
- Dolphin pose
- Cool-down stretches

Day 7 – Mind & Body Reset

Focus: Inner calm + recovery

- Gentle stretching
- Moon salutation
- Yin yoga holds
- Spinal twists
- Anulom Vilom
- Chandra Bhedana
- 20 mins silent meditation

Extra Tips

- Practice early morning if possible.
- Drink warm jeera water before practice if it suits your body.
- Keep 1 light meal before yoga.
- Sleep 7–8 hours for recovery.
- Combine yoga with a balanced diet for weight loss.