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You're going to LOVE today's yoga flow - it's so supportive to the really high intensity days we have. I support my body in a lot of ways - one of them being drinking green smoothies and juice!

If you don't have access to the ingredients, or are short on time, check out [this portable green juice powder](#) I take with me when I travel (it tastes AWESOME - believe me, I'm way picky).

30-Day Challenge Workout Eleven: Yoga with Kate

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- Begin in a **Seated Position** - take a few deep breaths
- Come into **Downward Dog** - bend your knees and pedal out your heels
- Reach your right leg high into **3-Legged Dog**
- Curl your right knee to your nose - reach your leg high - release back to **Downward Dog**
- Reach your left leg high into **3-Legged Dog**
- Curl your left knee to your nose - reach your leg high - release back to **Downward Dog**
- Walk your feet to your hands into a **Forward Fold**
- Lift up halfway, lengthening your spine
- Fold forward and sweep your arms up into **Mountain Pose**
- Fold forward and lift up halfway - fold forward
- Step back to **Tall Plank**
- Push back into **Downward Dog**
- Reach your right leg high - curl your right knee to your nose - reach your leg high - right knee to right elbow - right leg high - right knee to left elbow
- Straighten the right leg and put the edge of the foot on the ground - reach your left arm high, opening your chest
- Right leg reaches high and then back to **Downward Dog**
- Reach your left leg high - curl your left knee to your nose - reach your leg high - left knee to left elbow - left leg high - left knee to right elbow
- Straighten the left leg and put the edge of the foot on the ground - reach your right arm high, opening your chest
- Left leg reaches high and then back to **Downward Dog**
- Walk your feet to your hands into **Forward Fold** and come to standing
- Reach your arms high and fold forward
- Lift up halfway and then fold forward again
- Plant the hands and step back to **Tall Plank**
- Push back into **Downward Dog**
- Reach your right leg high and step it between your hands into **Low Lunge**
- Arms come overhead into **Crescent Lunge**
- Shift your weight onto your forward foot and place your hands on the ground into **Standing Splits**
- Step back into **Crescent Lunge** with arms overhead
- Flow through **Standing Splits** to **Crescent Lunge** 4 more times
- Step back to **Downward Dog**
- Reach your left leg high and step it between your hands into **Low Lunge**
- Arms come overhead into **Crescent Lunge**
- Shift your weight onto your forward foot and place your hands on the ground into **Standing Splits**

- Step back into **Crescent Lunge** with arms overhead
- Flow through **Standing Splits** to **Crescent Lunge** 4 more times
- Step back to **Downward Dog**
- Reach your right leg high and step it through between your hands into **Low Lunge**
- Sweep your arms up overhead into **Crescent Lunge**
- Plant your hands and shift your weight onto the front foot and come into **Standing Splits**
- Plant your back foot down and pivot around to end up in **Crescent Lunge** in the other direction
- Come forward again into **Standing Splits**
- Plant the back foot down again and pivot into **Crescent Lunge** on the other side
- Open into **Warrior II**
- **Reverse your Warrior**, stretching through your side body
- Release into **Downward Dog**
- Reach your left leg high and step it through to **Low Lunge**
- Sweep your arms up overhead into **Crescent Lunge**
- Plant your hands and shift your weight onto the front foot and come into **Standing Splits**
- Plant your back foot down and pivot around to end up in **Crescent Lunge** in the other direction
- Come forward again into **Standing Splits**
- Plant the back foot down again and pivot into **Crescent Lunge** on the other side
- Open into **Warrior II**
- **Reverse your Warrior**, stretching through your side body
- Release into **Downward Dog**
- Reach your right leg high and bring your knee to your right wrist
- Plant your shin on the floor and walk your hands by your hips, coming into **Pigeon Pose**
- Either stay here, or walk the hands forward into **Sleeping Pigeon**
- Come back up slowly and tuck the back toes under
- Lift the right leg high and bend the knee
- Either stay here, or **Flip the Dog** and bring the right toes down behind you and lift the right arm
- Make your way back to **Downward Dog**
- Reach the left leg high and come through to **Pigeon Pose**
- Either stay here, or walk your hands forward into **Sleeping Pigeon**
- Come back up slowly and tuck the back toes under
- Lift the left leg high and bend the knee
- Either stay here, or **Flip the Dog** and bring the left toes down behind you and lift the left arm
- Make your way back to **Downward Dog**
- Drop down to your knees into **Tabletop**
- Inhale and exhale into **Cat-Cow** 3 times
- Come back into **Tabletop** and come onto your back, drawing your knees to your chest
- Give your knees a big hug and then lengthen your legs long and put your arms by your sides into **Savasana**
- Take a few deep breaths and then stretch your arms long
- Come onto your side and then slowly make your way to seated
- Bring your hands to heart center and bow your chin to your chest ~ Namaste

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Need tech support or have a challenge question? Email support@thebettyrocker.com or reply to one of your challenge emails.

Make this challenge a **challenge success story** by eating as consistently as you're training! Get your **30-Day Challenge Meal Plan** to super boost your Challenge Results!



[CLICK HERE](#)



*Wow! What a difference 30 days can make!
"Thanks Betty Rocker. Big gains for me with your 30 day challenge and eating healthy. Your videos are so great. I would wake up everyday excited to see what you had in store for me that day!!"*

-Amanda N