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I made this super short video called [Stop Beating Yourself Up for Being "Bad"](#) where I am extremely passionate about this topic - haha you will literally FEEL me through the screen and leave with some awesome tools to help you through this challenge and beyond. Leave me a comment after you watch it so I know you stopped by!

## 30-Day Challenge Workout Four: Yoga

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- Begin in **Mountain Pose** with Prayer Hands - take a few deep breaths
  - Sweep arms up and dive into **Forward Fold** with a soft bend in your knees
  - Gently bend your knees and straighten
  - Come up halfway, looking forward
  - Place your hands on your mat and bend your knees
  - Step your feet back into **Tall Plank**
  - Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
  - Press back into **Downward Dog** and pedal out your feet
  - Come up onto your toes and back into **Downward Dog**
  - Walk or step your feet towards your hands
  - Sweep your hands up into **Mountain Pose**
  - Dive into **Forward Fold** and bend your knees and straighten
  - Place your hands on the mat and step or jump back into **Tall Plank**
  - Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
  - Press back into **Downward Dog**
  - Step your left foot forward between your hands into **Low Lunge**
  - Lift your arms up overhead and slightly bend backwards into **Crescent Lunge**
  - Place your hands on the mat on either side of your foot
  - Step your left foot back into **Tall Plank**
  - Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
  - Press back into **Downward Dog**
  - Step your right foot forward between your hands into **Low Lunge**
  - Lift your arms up overhead and slightly bend backwards into **Crescent Lunge**
  - Place your hands on the mat on either side of your foot
  - Step your right foot back into **Tall Plank**
  - Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
  - Press back into **Downward Dog**
  - Step or jump your feet towards your hands and come into **Forward Fold**
  - Sweep your arms up overhead and dive forward again into **Forward Fold**
  - Come up halfway, looking forward with a flat back
  - Plant your hands and bend and straighten your legs
  - Sweep your arms overhead and come into **Chair Pose**
  - Stand and come into **Forward Fold**
  - Lift up halfway and then plant your hands
  - Step or jump your feet back into **Tall Plank**
  - Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
  - Press back into **Downward Dog**
  - Lift your left leg and sweep it through your hands into a **Low Lunge**
  - Bring your arms up overhead and come into **Crescent Lunge**
  - Spin your right foot open and come into **Warrior II**
  - **Reverse your Warrior** and then come into **Triangle Position**

- Come back to **Warrior II** and then cartwheel your hands to the mat
- Step your left foot back to meet your right foot
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Sweep your right leg up high and sweep it through your hands into a **Low Lunge**
- Bring your arms up overhead and come into **Crescent Lunge**
- Spin your right foot open and come into **Warrior II**
- **Reverse your Warrior** and then come into **Triangle Position**
- Come back to **Warrior II** and then cartwheel your hands to the mat
- Step your right foot back to meet your left foot
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Step or jump your feet back to your hands and come into **Forward Fold**
- Sweep your arms up overhead and come into **Mountain Pose**
- Bring your left foot to your right inner thigh or calf for **Tree Pose**
- Sweep your arms up overhead and plant your foot
- Come into **Forward Fold** and lift up halfway
- Plant your hands and step or jump back into **Tall Plank**
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Lift your left leg and bring it forward into **Low Lunge**
- Reach your hands up overhead into **Crescent Lunge**
- Open and spin to bring your feet parallel
- Fold forward into **Wide-Leg Forward Fold**
- Reach for your right foot and then your left foot
- Stand and come into **Warrior II** and then **Reverse the Warrior**
- Come into **Triangle Pose** and then sweep your arms towards the ground and plant your hands
- Step your left foot back into **Tall Plank**
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Step or jump your feet to meet your hands, coming into **Forward Fold**
- Sweep your hands up and come into **Mountain Pose**
- Bring your right foot to your left inner thigh or calf for **Tree Pose**
- Sweep your arms up overhead and plant your foot
- Come into **Forward Fold** and bend your knees and straighten
- Plant your hands and step or jump back into **Tall Plank**
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Lift your right leg and bring it forward into **Low Lunge**
- Reach your hands up overhead into **Crescent Lunge**
- Open and spin to bring your feet parallel
- Fold forward into **Wide-Leg Forward Fold**
- Reach for your right foot and then your left foot
- Stand and come into **Warrior II** and then **Reverse the Warrior**
- Come into **Triangle Pose** and then sweep your arms towards the ground and plant your hands
- Step your right foot back into **Tall Plank**
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Step or jump your feet to meet your hands, coming into **Forward Fold**
- Sink your hips down and come into **Chair Pose**
- Wrap your left leg around your right and left arm around your right
- Unwind and sweep your arms overhead and come into **Forward Fold**

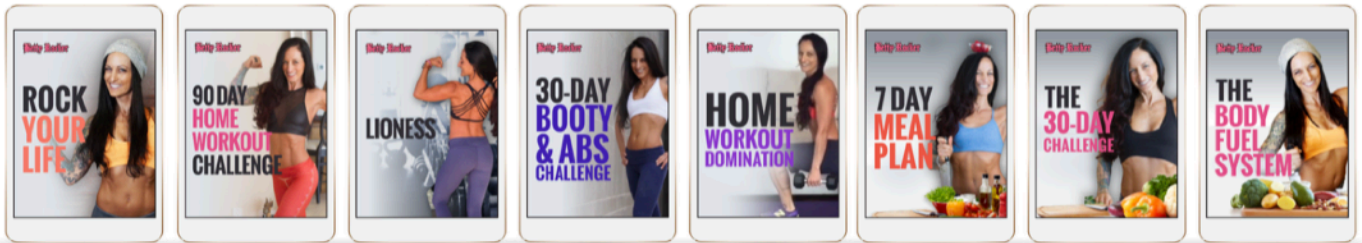
- Lift up halfway and plant your hands
- Step or walk your feet back into **Tall Plank**
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Sweep your left leg up high and bring it to the outside of your left hand into **Runners Lunge**
- Bring your forearms to the mat if this is available to you
- Bring your hands up and gently bring your thigh to the ground and come into **Pigeon Pose**
- Bring your forehead to the mat if you can
- If you'd like to try, bend your right knee and grab ahold of your right foot
- Plant your hands and sweep your left leg up high
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Step or jump to your hands and come into **Forward Fold**
- Sink your hips down and come into **Chair Pose**
- Wrap your right leg around your left and right arm around your left
- Unwind and sweep your arms overhead and come into Forward Fold
- Lift up halfway and plant your hands
- Step or walk your feet back into **Tall Plank**
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Sweep your right leg up high and bring it to the outside of your right hand into **Runners Lunge**
- Bring your forearms to the mat if this is available to you
- Bring your hands up and gently bring your thigh to the ground and come into **Pigeon Pose**
- Bring your forehead to the mat if you can
- If you'd like to try, bend your left knee and grab ahold of your left foot
- Plant your hands and sweep your right leg up high
- Lower yourself down into **Chaturanga** and then lift into **Upward Dog**
- Press back into **Downward Dog**
- Sweep your feet through into a seated position
- Lie on your mat and bring your knees to your chest
- Huggle your knees in to meet your forehead
- Straighten your legs and then bring in your left knee to your chest
- Gently bring your left knee across your body into **Spinal Twist**
- Straighten your left leg and then bring your right knee to your chest
- Gently bring your right knee across your body into **Spinal Twist**
- Straighten both legs and rock to a seated position

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**Need tech support or have a challenge question? Email [support@thebettyrocker.com](mailto:support@thebettyrocker.com) or reply to one of your challenge emails.**

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