



Your 7 Day Beginner Yoga Plan

Fifteen to twenty minutes a day, no experience needed. A gentle first week to build the habit, learn the foundational poses and feel the difference in your body and mind.

UOFGYOGA.COM

BEFORE YOU START

How to use this plan

Each day builds gently on the one before. Practice at any time that suits you, ideally at the same time each day so it becomes a habit. Every pose name links to a step by step guide on U of Yoga with photos, alignment cues and easier variations.

What you need

A yoga mat or a rug, comfortable clothes, and a pillow or folded blanket for support.

How long to hold

Hold each pose for 3 to 5 slow breaths unless the day says otherwise. Breathe in and out through your nose.

Go at your own pace

Move slowly, stay comfortable and never push into pain. A gentle stretch is all you need.

Missed a day?

No problem. Pick up where you left off. Consistency matters more than perfection.

Track your week

Tick off each day as you finish it.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Please note: This plan is general education, not medical advice. If you are pregnant, injured, recovering from surgery or managing a health condition, check with your doctor before starting, and see our [medical disclaimer](#).

WEEK ONE

Days 1 to 4

Day 1: Breathe and Arrive

15 min

- **Box breathing**, 2 minutes seated
- **Mountain Pose**
- **Cat Cow**, 8 slow rounds
- **Child's Pose**
- **Savasana**, 3 minutes

Day 2: Find Your Foundation

15 min

- **Cat Cow** to warm up
- **Downward Facing Dog**, knees bent is fine
- **Child's Pose** to rest
- **Cobra Pose**, low and gentle
- **Savasana**

Day 3: Standing Strong

18 min

- **Mountain Pose**
- **Warrior I**, each side
- **Warrior II**, each side
- **Tree Pose**, near a wall for balance
- **Savasana**

Day 4: Rest and Restore

15 min

- **Box breathing**, 3 minutes
- **Child's Pose**, 1 minute
- **Happy Baby**
- **Seated Forward Bend**, with bent knees
- **Savasana**, 5 minutes

WEEK ONE

Days 5 to 7

Day 5: Build Strength

18 min

- **Cat Cow** to warm up
- **Plank Pose**, knees down is fine
- **Chair Pose**
- **Bridge Pose**, 3 rounds
- **Savasana**

Day 6: Your First Flow

20 min

- Learn the **Sun Salutation** slowly, 3 rounds
- **Triangle Pose**, each side
- **Tree Pose**, each side
- **Savasana**

Day 7: Put It All Together

20 min

- **Box breathing**, 2 minutes
- **Sun Salutation**, 3 rounds
- **Warrior II** and **Triangle**, each side
- **Bridge Pose**
- **Savasana**, 5 minutes

You did it. What next?

Repeat this week, or keep growing with our free guides: **Yoga for Beginners**, the **Pose Library** and the **Morning Yoga Routine**. Questions? Just reply to any of our emails or write to hello@uofyoga.com.