

The Peacock Tree Yoga 21-day Plank Challenge

Congratulations! You've just committed to making positive change, and that's always a good thing. With our annual plank challenge, we encourage our students to develop their staying power – and build a core of steel in the process (perfect for powering us up as we move into the firey months of the year)! Undertaking a challenge like this also shows us what we're able to do when we put our minds to it. But beware – *once you've discovered your potential, there'll be no stopping you!!*

Try your best to meet your daily goals – and give yourself a sense of satisfaction each time, by ticking the relevant box. And do let us know how it's going – post your photos and films on Instagram and Facebook – but don't forget to tag them; **#peacocktreeplankchallenge**. Oh, and if you want to give us and your fellow students a laugh, feel free to get playful with it – find a strange location to practice in, do it in your work clothes, or try some plank variations!

But above all, enjoy it – be grateful for what your body is allowing you to do (even on days when your body doesn't allow you to meet your goal), really feel how your body is changing and becoming stronger, and join in with our online conversations for support and motivation throughout the challenge.

Your daily plank challenge schedule

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| Monday 4 th June | GOAL: 0'30" ✓ | Monday 11 th June | GOAL: 1'20" | Monday 18 th June | GOAL: 2'10" |
| Tuesday 5 th June | GOAL: 0'40" | Tuesday 12 th June | GOAL: 1'30" | Tuesday 19 th June | GOAL: 2'20" |
| Wednesday 6 th June | GOAL: 0'50" | Wednesday 13 th June | GOAL: 1'40" | Wednesday 20 th June | GOAL: 2'30" |
| Thursday 7 th June | GOAL: 1'00" | Thursday 14 th June | GOAL: 1'50" | Thursday 21 st June | GOAL: 2'40" |
| Friday 8 th June | REST DAY | Friday 15 th June | REST DAY | Friday 22 nd June | REST DAY |
| Saturday 9 th June | GOAL: 1'00" | Saturday 16 th June <i><u>Inversions Playshop!</u></i> | GOAL: 1'50" | Saturday 23 rd June | GOAL: 2'50" |
| Sunday 10 th June | GOAL: 1'10" | Sunday 17 th June | GOAL: 2'00" | Sunday 24 th June | GOAL: 3'00"! |