

The Peacock Tree Yoga 21-day Plank Challenge

Congratulations! You've just committed to making positive change, which is 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. Do let us know how it's going along the way – post your photos and films on Instagram and Facebook – and don't forget to tag @peacocktreeyoga. 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!

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), notice 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

Monday 27 th April	GOAL: 0'30" ✓	Monday 4 th May	GOAL: 1'20"	Monday 11 th May	GOAL: 2'10"
Tuesday 28 th April	GOAL: 0'40"	Tuesday 5 th May	GOAL: 1'30"	Tuesday 12 th May	GOAL: 2'20"
Wednesday 29 th April	GOAL: 0'50"	Wednesday 6 th May	GOAL: 1'40"	Wednesday 13 th May	GOAL: 2'30"
Thursday 30 th April	GOAL: 1'00"	Thursday 7 th May	GOAL: 1'50"	Thursday 14 th May	GOAL: 2'40"
Friday 1 st May	REST DAY	Friday 8 th May	REST DAY	Friday 15 th May	REST DAY
Saturday 2 nd May	GOAL: 1'00"	Saturday 9 th May	GOAL: 1'50"	Saturday 16 th May	GOAL: 2'50"
Sunday 3 rd May	GOAL: 1'10"	Sunday 10 th May	GOAL: 2'00"	Sunday 17 th May	GOAL: 3'00"