



WOMEN **YOGA WARRIOR 2025**

**10 CHALLENGES TO TEST YOUR PHYSICAL, MENTAL AND EMOTIONAL
RESILIENCE TO THE EXTREME**

CHALLENGE 1: 1 HOUR AND 30 MINUTES

150 BAITHEK
200 UPWARD AND DOWNWARD
150 HANUMAN BAITHEK A
100 SADHARAN DAND
200 SAPATE

CHALLENGE 2: 2 HOURS AND 45 MINUTES

508 SURYANAMASKAR

CHALLENGE 3:

508 DURATA HALASANA

CHALLENGE 4:

508 ARDHA PURVATASANA

CHALLENGE 5:

1 KM KAUYA CHALANASANA WALK

CHALLENGE 6:

1 KM PADANGUSTANASANA WALK

CHALLENGE 7:

ASANAS HOLDING

CHALLENGE 8:

84 ASANAS

CHALLENGE 9:

1 HOUR PRANAYAMA

CHALLENGE 10:

1 HOUR MEDITATION

19th & 20th December 2025 @ YogapYasa Academy

www.yogapYasa.com