

2025 Reset & Renew: 14 Days of Yoga-Go

Jumpstart your January with Yoga-Go by your side! Over the next 14 days, take some time each day to focus on your wellbeing by completing each challenge to-do.




For your body




For your soul




Day 1

 **Create reminders**
Build a habit by setting reminders within the Yoga-Go app (located in Settings > Reminders) to help keep yourself accountable.
[Set reminders](#)


Day 2

 **Let's do this!**
Select any of our workouts to complete today. The focus is on getting started, so take things one step at a time and remember to always listen to your body!
[Complete a workout](#)


Day 3

 **Expand your practice with Wall Pilates**
Explore the different exercise types available in the app by starting with Wall Pilates! Enjoy gentle stress relief and improved circulation with these targeted exercises.
[Try Wall Pilates](#)


Day 4

 **Settle into Savasana**
Add a Savasana onto today's workout. This restorative pose provides an opportunity to relax and reflect on your practice.
[Complete a workout](#)


Day 5


 **Start the day strong**
Awaken and revitalize your body with a 7-Minute Morning Workout.
[Try a morning workout](#)


Day 6


 **Feel supported with Somatic Yoga**
Reduce tension in the body while unlocking increased energy by trying a Somatic Yoga practice.
[Try Somatic Yoga](#)


Day 7


 **You're a week in!**
Celebrate your success with a session of Blissful Lazy Yoga. This series targets major muscles with the support of a sofa and wall.
[Try Blissful Lazy Yoga](#)


 **Set intentions, not resolutions**
As we welcome 2025, focus on maintaining a positive mindset, not concrete outcomes.


 **Practice purposeful movement**
The only workout you'll regret is the one you didn't do! Don't stress about perfection. Focus on finding joy in moving your body.

 **Take it outside**
Benefit from the fresh air by enjoying a 30-minute walk outside. Just remember to apply sunscreen, wear stable shoes, and dress according to the weather.


 **Pump up the jam**
Keep your body and motivation moving with a high-energy playlist full of your favorite songs.

 **Hone in on your hydration**
Are you getting enough water? Find out by tracking your intake and aim for an expert-recommended 8 glasses.


 **Nourish your body**
Did you start the year with a nutrition resolution? Take note of your eating habits today and aim to eat mindfully.

 **Take a moment to reflect**
How has your body responded to the first week of the challenge? Take a moment to reflect on how you're feeling, body and mind.


Day 8

 **Personalize your plan**
Check in with your Yoga-Go preferences to ensure your fitness level, target zones, and plan type are the right fit (find them in Settings > Plan settings).
[Update your preferences](#)


Day 9

 **Get some great ZZZs**
Expand your practice (and enjoy deep sleep) by trying our Meditation for Better Sleep series.
[Try Meditation for Better Sleep](#)


Day 10

 **Amp up your metabolism**
Take things up a notch with a high-intensity workout from our Metabolism Boost series.
[Try Metabolism Boosting Yoga](#)


Day 11

 **Take it up a notch**
Improve strength and flexibility with a dynamic, interval practice from our High-Intensity Yoga series.
[Try High-Intensity Yoga](#)


Day 12


 **Discover facial massage**
Improve lymph flow and drainage with a practice from our Slimmer Face program.
[Try Slimmer Face Yoga](#)


Day 13


 **Build your own workout**
Discover the fun and flexibility of creating your own workout with our Practice Creator, a tool that lets you build a session from scratch. Simply choose a duration, difficulty level, and focus zone to customize your workout!
[Try out Practice Creator](#)


Day 14


 **Take it all in with Tai Chi**
End your new year's journey with a gentle, calming practice from our low-impact Tai Chi series.
[Try Tai Chi](#)


 **Take it outside**
When winter comes, it's easy to stay secluded, but fresh air can do wonders for our moods. Aim to spend some time outside today.


 **Take a chapter**
Log off and engage your brain by reading a chapter of a book today—we're currently loving "What I Ate in One Year" by Stanley Tucci.

 **Homemade happiness**
Take the challenge to the kitchen and try out a new, healthy recipe!

 **Then take time for YOU**
Reward yourself for all the progress you've made by enjoying some self-care (however you define it!).

 **Broaden your horizons**
Stimulate your brain by listening to a new podcast. Try "Am I Normal?" for advice or "Conan O'Brien Needs a Friend" for some laughs!

 **Mind your mindfulness**
Take some time today to hone in on your breath to help manage stress and lower anxiety. If you need some assistance in setting the tone, choose from one of the many meditations in the app!

 **Final reflection**
You did it—14 days dedicated to your wellness. Take some time to look back on all that you've accomplished and look forward to what comes next!