

BLANCHE INSPIRE

MINI-GUIDE YOGA ROUTINE

5 steps to start your journey

Start a New Routine Start a New Life 🧘

Starting a yoga routine is one of the best decisions you'll ever make for yourself. It's more than just exercise—**it's self-love, clarity, and strength wrapped into one.** Imagine waking up each day feeling stronger, calmer, and more in tune with yourself. ✨

BEFORE

- Stressed & tense 😞
- Struggling with routines 🌀
- Feeling disconnected

VS

AFTER

- Relaxed & flexible 🌿
- Proud of consistent habits 🙌
- Connected, present, and balanced 🧘

"Small actions, repeated daily, become the foundation of extraordinary transformation."



Yoga has completely transformed my life. It starts with simple movements in the body, but soon you'll notice peace settling in your mind. Your emotions become steadier, relationships smoother, and challenges more manageable. As you strengthen your muscles, something incredible happens: your mindset and resilience grow stronger too. Mood swings lessen, and joy and calm come naturally.

We all begin as beginners—there's no rush. Just take it one gentle step at a time. Trust the process, and you'll uncover the powerful, grounded, and joyful version of yourself ready to embrace life at its fullest.

Step 1: Set Your Intention

WHY DO YOU WANT TO START YOGA?

- To feel more **relaxed**
- To gain strength and flexibility
- To create a **mindful** routine
- To feel better in my body
- To improve my **sleep**
- To manage stress and **anxiety** better
- To increase my **energy** levels
- To find a moment of peace in a busy day
- To support **recovery** from an injury
- To explore a new form of **self-care**

WRITE YOUR OWN "WHY":

What motivates you to start? 

VISUALIZATION EXERCISE

Close your eyes and imagine yourself 30 days from now. You've completed a yoga challenge.

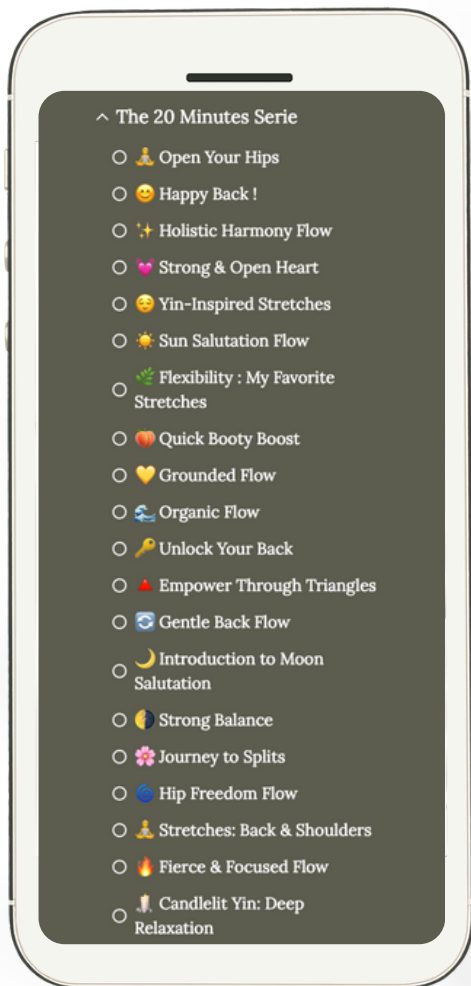
How do you feel?

Picture yourself confidently saying:

"I'm a yogi now. I move daily and enjoy it. I take care of my body and mind. I create space to pause and breathe."

Step 2: Get a Challenge


The first time I truly stuck to a yoga routine was when I was living in Sydney and paying a hefty fee for a yoga studio membership. Knowing I didn't want to **waste my money**, I made it a habit to attend classes four times a week before work. That regular practice made such a difference—my workdays felt easier, my focus sharpened, and I had so much more energy for my shifts. It was a game-changer!



Let's face it: **free challenges rarely work.**

Why? Because money is a motivator! When you invest in something, you're more likely to follow through.

The 20 for 20 Challenge is your perfect starting point:

- A structured plan with no guesswork 
- A mix of yoga styles for strength, flexibility, and relaxation
- Clear direction—just click “next” and go!

Pro tip: Challenges are designed to remove decision fatigue so you can focus on moving and growing.

[Click here to see more.](#)

Step 3: Attach It to a Habit

The easiest way to build a new habit is to pair it with something **you already do**.

Example from me:

1. Wake up.
2. Drink my green juice.
3. Grab my mat from under the bed.
4. Throw on leggings.
5. I'm ready for my yoga session!

Now it's your turn:

1

When will you practice?

Right after I..

2

Where will you practice?

Step 4: Skip One Day, Never Two 🚦

Here's a golden rule: it's okay to skip a day—but never skip two.
Missed yesterday? Get back on your mat today.
Yoga every other day feels manageable and keeps you on track.
This mindset helps avoid
the trap of “**not today**” turning into “**not ever.**”

Step 5: Celebrate Your Wins 🎉

When you finish the challenge, **treat yourself!**

Buy a beautiful yoga mat
(*Manduka is my favorite—use my code [BlancheInspire](#) for a discount!*).
Treat yourself to a healthy, delicious meal.
Get new yoga pants or try an in-studio class.
Celebrate your progress—**it keeps you motivated!**

Bonus Tips



Do it with a friend

Accountability makes it more fun and keeps you consistent.

Prep the night before

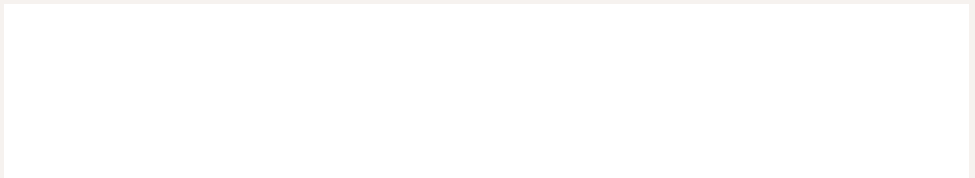
Lay out your mat and clothes to make it easier to start.

Put skin in the game

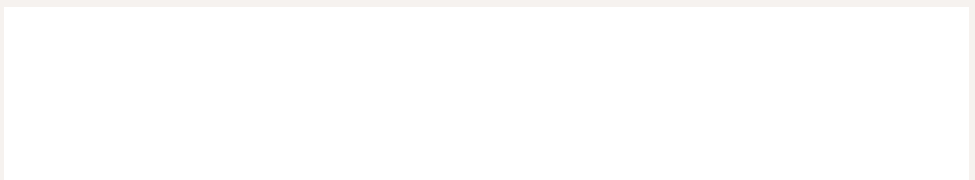
If you don't finish the challenge, donate money to a cause or treat someone else.

My Yoga Week

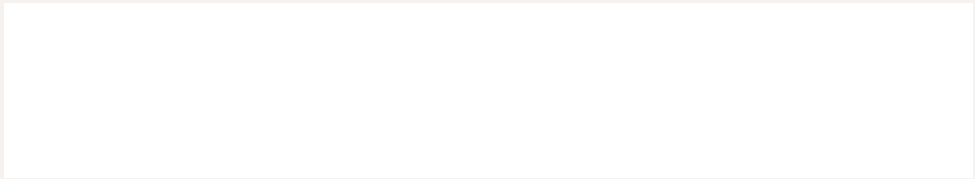
MONDAY



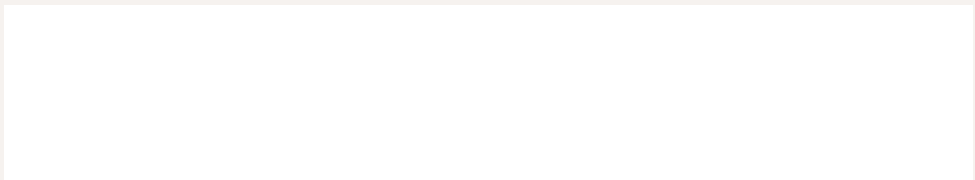
TUESDAY



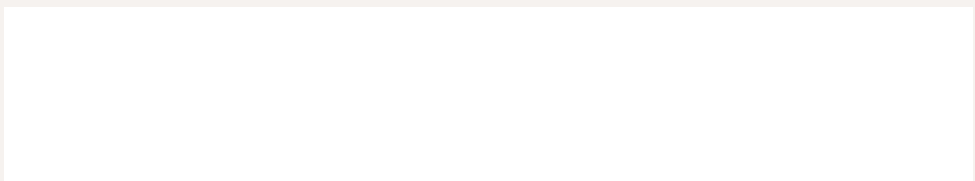
WEDNESDAY



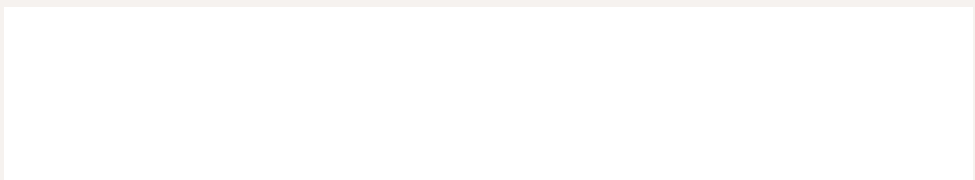
THURSDAY



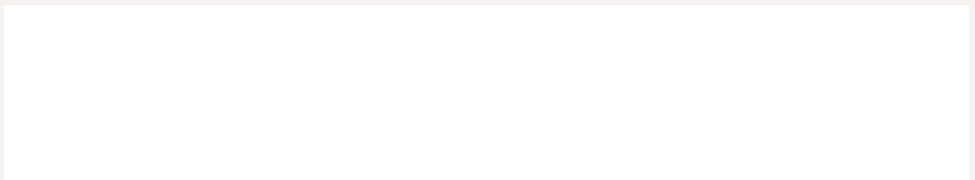
FRIDAY



SATURDAY



SUNDAY



Thank You

☀️ Starting a yoga routine is a step toward a healthier, happier, and stronger you.

💪 Don't overthink it—just start

Ready to dive in? Check out my 20 for 20 Challenge. It's your path to transformation at an amazing deal—let's do this together. [Click here to start the Challenge.](#)

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See You on the Mat
❤️
Blanche