

COME SAIL AWAY CHALLENGE

BOAT POSE

:30 x4 DAY 1	:30 x5 DAY 2	:45 x3 DAY 3	:45 x5 DAY 4	Rest DAY 5	1:00 x2 DAY 6	1:00 x3 DAY 7
1:15 x3 DAY 8	1:30 x3 DAY 9	1:45 x3 DAY 10	2:00 x2 DAY 11	Rest DAY 12	2:15 x2 DAY 13	2:30 x2 DAY 14
2:30 x2 DAY 15	2:45 x2 DAY 16	2:45 x3 DAY 17	3:00 x1 DAY 18	Rest DAY 19	3:00 x2 DAY 20	3:00 x3 DAY 21
3:30 x1 DAY 22	3:30 x2 DAY 23	4:00 x1 DAY 24	4:15 x1 DAY 25	4:30 x1 DAY 26	4:45 x1 DAY 27	5:00 x1 DAY 28



knees
bent



hands
on leg



hands
down



Full Pose