

Next Apple Watch Challenge Announced: Strike A Pose For International Day Of Yoga



You can do this in the confines of your home. You just need to complete a 20-minute yoga workout on the Workout Watch app, or other Watch app that puts its workout info into the Health app. You can look for the yoga tile in the Workout app, it's the one with the little green person standing on one leg, bending the other one back so they can hold their heel with one hand and stretch the other arm out.

Notifications on the challenge is pushed to all apple watch users for workout app before the International Day of Yoga.

The notifications say : “Celebrate International Day of Yoga and earn this award on June 21 by doing a yoga workout of at least 20 minutes. Record your time with any app that adds workouts to Health.”

As well as the sheer pleasure of doing the yoga, you'll get a trophy in the Achievements section of the Activity app on the iPhone, plus three moving stickers to use in FaceTime and Messages, which is a nice way of showing off to your friends. The badge is as below:

For more information: <https://www.forbes.com/sites/davidphelan/2020/06/10/next-apple-watch-challenge-announced-strike-a-pose-for-international-day-of-yoga/#41cd35982b55>