



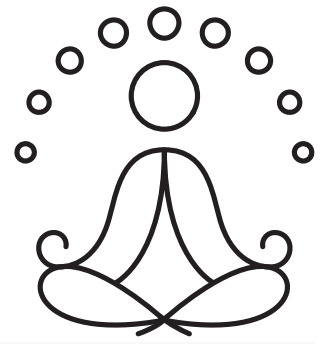
2 0 2 4

# YOGA PLANNER

A N E W B E G I N N I N G



# YOGA LOG



TODAY'S DATE:

MUSIC:

POSITION(S)	TIME	DONE
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

GOAL(S) FOR TODAY'S YOGA SESSION

# YOGA CLASS

# FAVORITE SONGS

[illegible]

# YOGA PRACTICE JOURNAL

YOGA CLASS



TEACHER \_\_\_\_\_

LEVEL \_\_\_\_\_

YOGA STYLE \_\_\_\_\_

THEME/FOCUS \_\_\_\_\_

HOW I FELT BEFORE YOGA

HOW I FELT AFTER YOGA

REFLECTIONS ON MANTRA / QUOTE / INTENTION

---

---

---

---

---

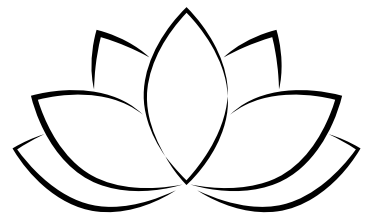
---

---

---

FAVORITE POSES / SEQUENCES / NOTES / WAYS TO IMPROVE

# YOGA SEQUENCE



START HERE

END HERE

# YOGA ROUTINE

WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

# FAVORITE YOGA POSES

DATE: \_\_\_\_\_



# YOGA JOURNEY

YOGA POSES I CAN DO REALLY WELL ALREADY

①

②

③

YOGA POSES I AM PRACTICING HARD TO PERFECT

①

②

③

YOGA POSE I CHALLENGE MYSELF






## A black and white line drawing of a woman in a dynamic, athletic pose. She is leaning back, with her right arm extended upwards and her left leg bent. The word "ON" is written in large, bold, serif capital letters in the upper left corner. There are several small, stylized starburst or spark symbols around the woman's head and arm. The background is plain white.

## MY MEDITATION GOAL

- 1.
- 2.
- 3.

[illegible]



# MEDITATION REFLECTION

M T W T F S S

DATE

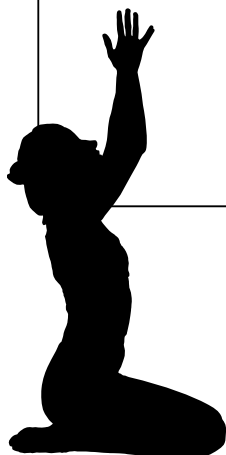
---

What area did I focus on?

Did I hear or see anything?

What did I come to realize?

How did it make me feel?



What area did I focus on?

Did I hear or see anything?

What did I come to realize?

How did it make me feel?

M T W T F S S

DATE

---

# MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

# DAILY MINDFULNESS

WHAT CAN I SEE?

HOW DO I FEEL?

WHAT DO I SMELL?

WHAT CAN I HEAR?

NOTES

# DAILY GRATITUDE

Morning:

Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

# WEEKLY REFLECTION



DATE

---

How Am I Feeling About This Week?

.....

.....

.....

.....

What Went Well?

.....

.....

.....

.....

.....

I Need To Let Go Of ...

I am Proud Of ...

I Need To Do More Of ...

.....

.....

.....

.....

.....

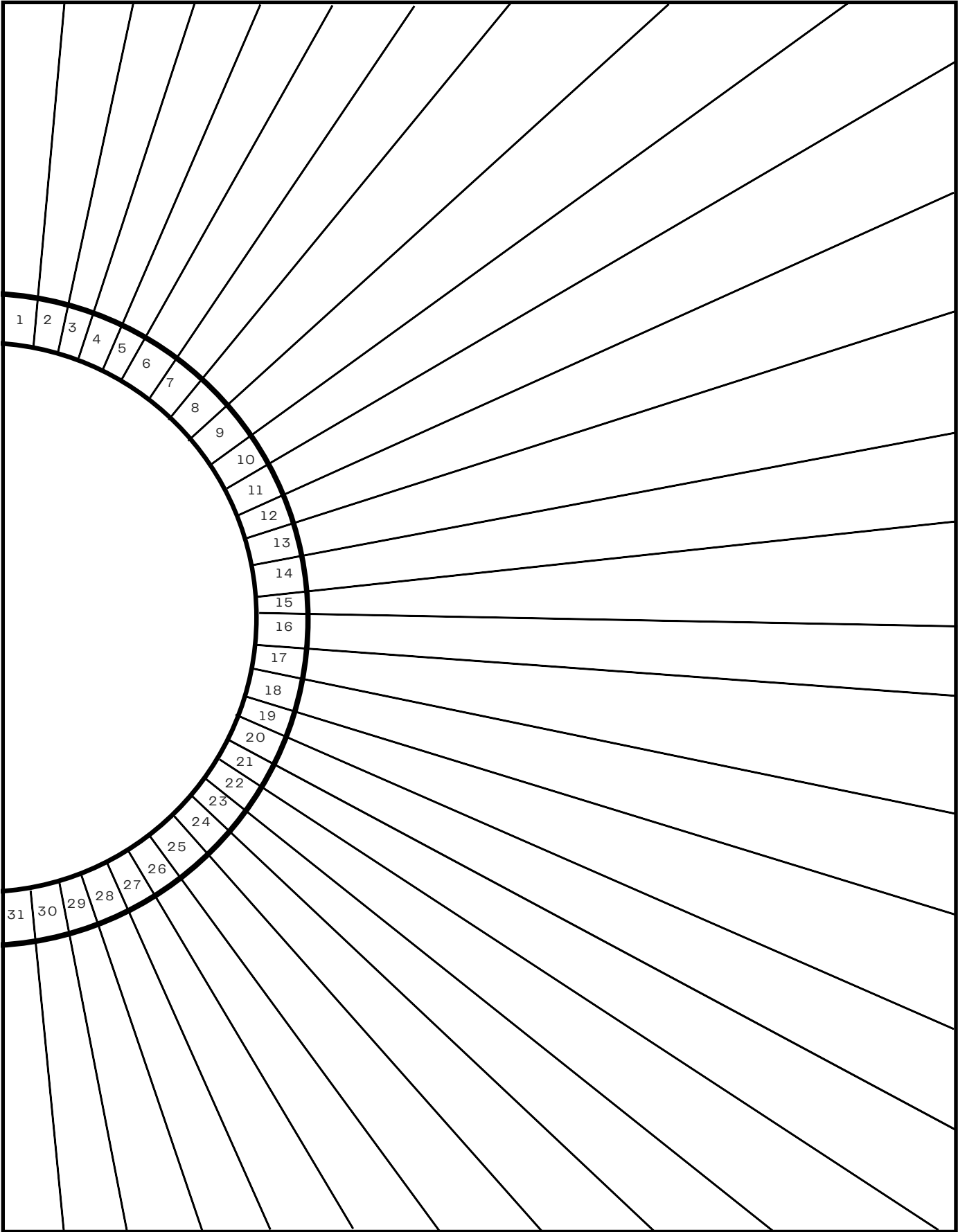
.....

.....



# MONTHLY TRACKER

MONTH: \_\_\_\_\_



# 10 “I AM” AFFIRMATIONS

WRITE DOWN 10 AFFIRMATIONS THAT BRING  
YOU EITHER JOY, PEACE OR HAPPINESS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...



# 3 MONTH HABIT TRACKER

HABIT:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# 30 DAY MEDITATION CHALLENGE

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30



# 31 DAY MEDITATION CHALLENGE

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

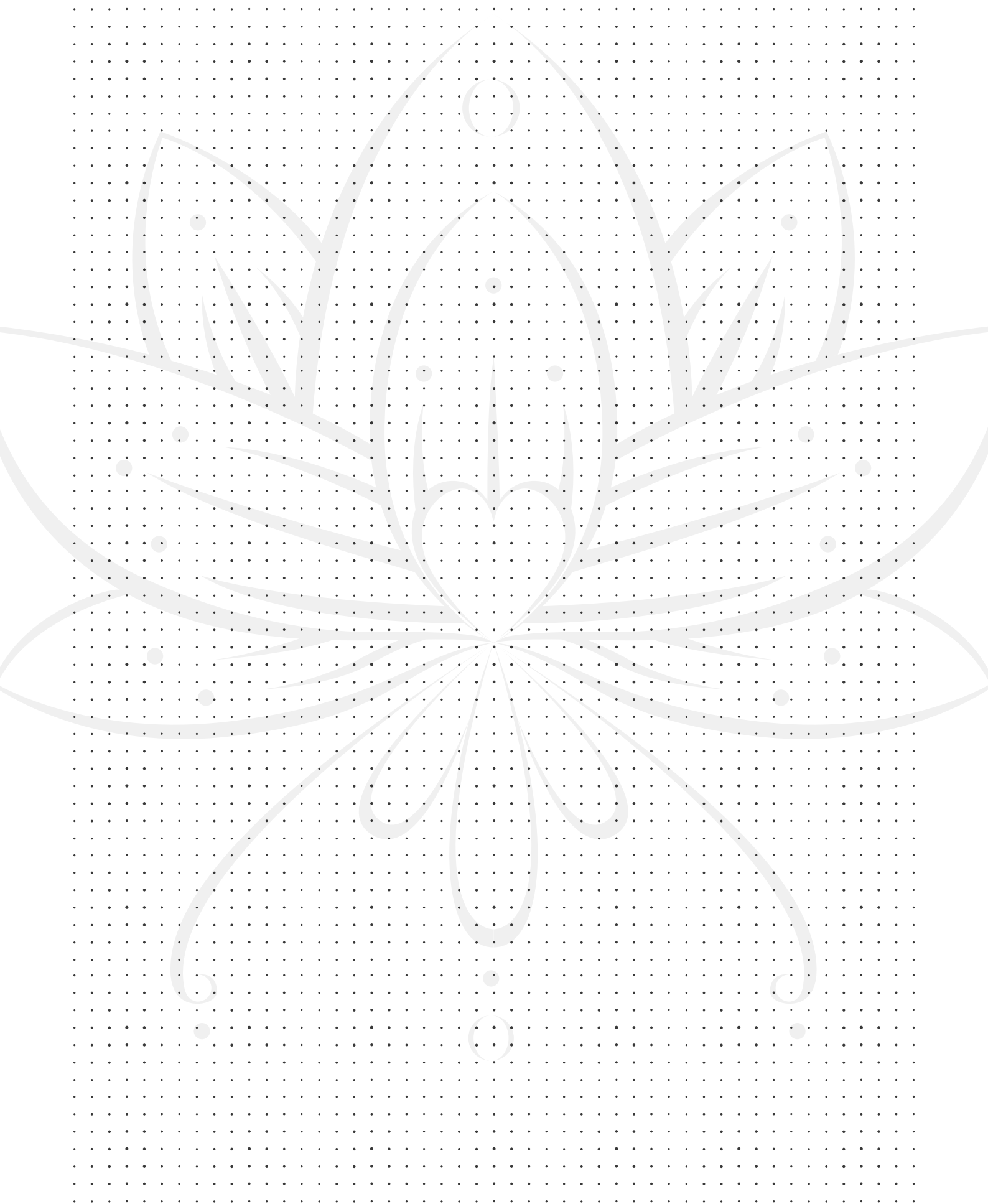
Day 29

Day 30

Day 31



# NOTES



# *Meditation Thoughts*

