

How to Use Notion for Yoga Practice Tracking

Introduction

Notion is a versatile tool that can help you organize your yoga practice effectively. In this guide, you will learn how to manage your yoga poses (asanas), group them into sequences, and log your workouts in a calendar database.

Prerequisites

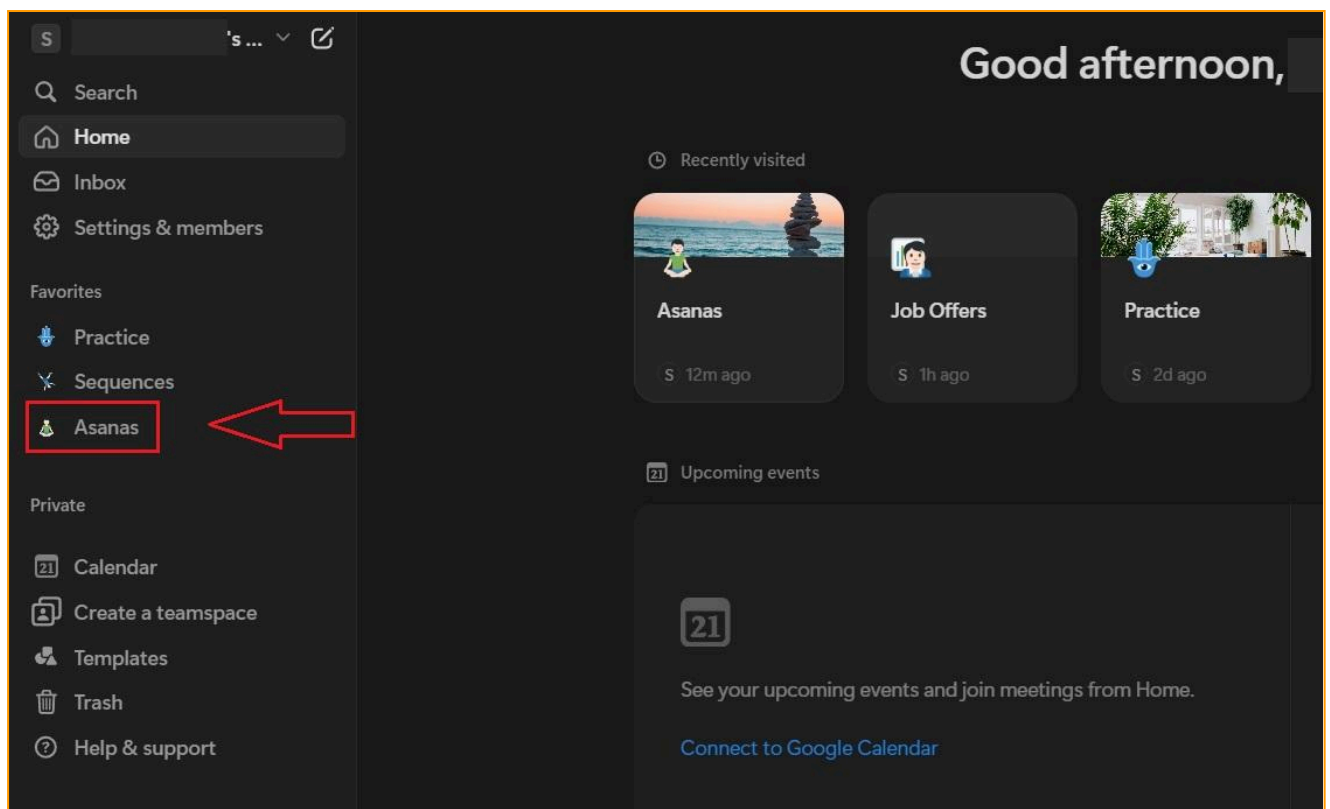
- Notion app installed on your computer.
- A Notion account.
- Basic familiarity with Notion's interface and navigation.

Overview of Your Notion Pages

- **Asanas:** Stores different yoga poses.
- **Sequences:** Groups asanas together into sequences.
- **Practice:** A calendar database for logging workouts, including sequence, repetitions, and time spent.

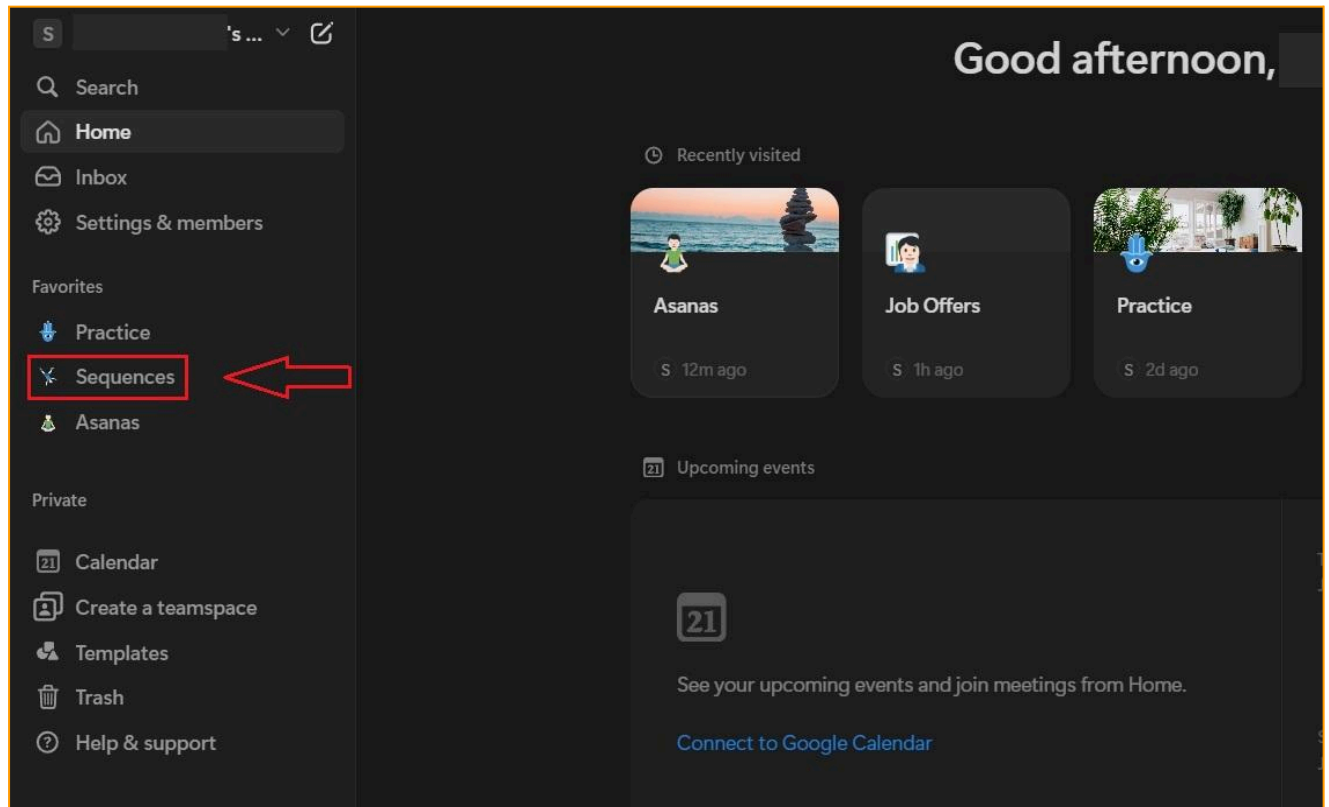
Steps

1. Open **Notion** by clicking on the app icon on your home screen. Log in to your account if prompted.
2. Navigate to your pages by hovering on the left side of the screen.
3. Select **Asanas** to manage your yoga poses.



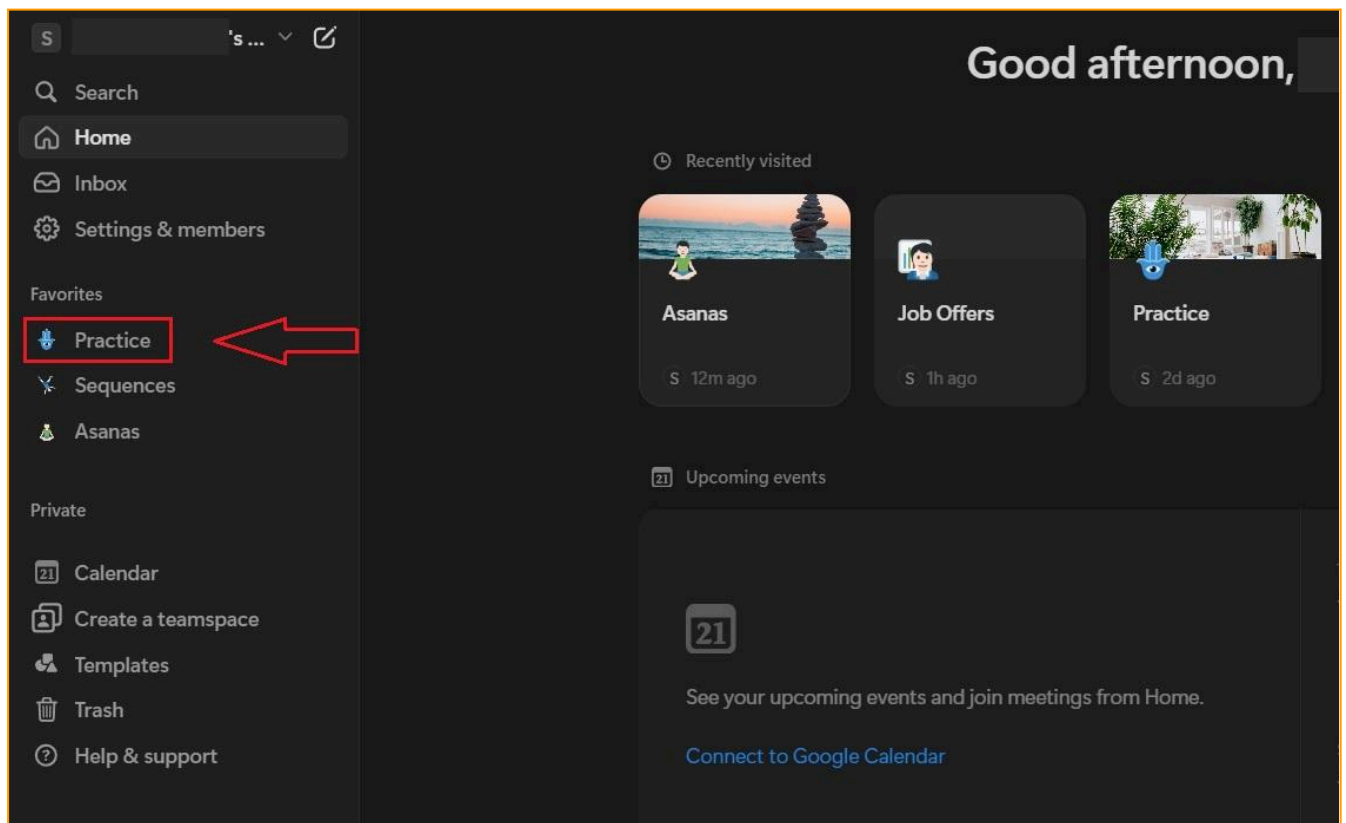
- Add a new asana:
 - Click the **New** button or add a new row in the **Asanas** table.
 - Enter the name of the asana in the title field.
 - Fill in any additional information such as description, benefits, and an image if desired.
- Edit an existing asana:
 - Click on the asana you wish to edit.
 - Update the relevant fields as needed.

4. Select **Sequences** to manage your yoga routines.



- Create a new sequence:
 - Click the **New** button or add a new row in the table.
 - Name your sequence in the title field.
 - Use a relation property to link the asanas to this sequence:
 - Add a **Relation** property and link it to the **Asanas** page.
 - Select the asanas that are part of this sequence.
- Edit an existing sequence:
 - Click on the sequence you wish to edit.
 - Update the list of asanas or any other relevant information.

5. Select **Practice** to log your workouts.



- Add a new workout entry:
 - i. Click on the desired date in the calendar or use the **New** button to create a new entry.
 - ii. Fill in the workout details:
 - **Title:** Name your workout session.
 - **Sequence:** Use the relation property to link to the sequence you practiced.
 - **Repetitions:** Enter the number of times you repeated the sequence.
 - **Time Spent:** Log the duration of your workout.
 - iii. Add any additional notes or tags as needed.
- Review and edit past workouts:
 - i. Click on any past workout entry in the calendar.
 - ii. Update the details or add notes about your performance and progress.