

MY YOGA TODAY



Date:

How Am I Feeling Today:

Today's Focus:

Yang Practice / Yin Practice

Posture Groups

- Sun Sequence/Surya Namaskar
- Standing Poses
- Seated Poses
- Forward Folds
- Twists
- Backbends
- Arm Balance
- Core Poses
- Inversions

My Asana Practice For Today:

The part of my practice I enjoyed the most today was...

The most challenging part of my practice today was...

How I feel after my practice:

