



# yoga journal



## monthly goals

IN YOGA PRACTICE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

FOR MY BODY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

FOR MY MIND

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## monthly tracker

	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	
BREATHING EXERCISE																																
MEDITATION																																
YOGA AT HOME																																
YOGA LESSON																																

*inhale*



*exhale*