

Home yoga practice worksheet

Why do I want to practice yoga regularly?

(This is your why-power; how does it connect to who you are as a person?)

When will I practice it? For how long?

(Which activity will you hook it to?)

How will I prepare?

(put on yoga clothes, rearrange schedule, set a timer, etc.)

Where will I practice?

What will I do? Does it reflect my intention?

(create on the spot, pre-designed sequence (which one?), etc.)

Which activities are likely to get in the way? How will I deal with them?

(What kind of barriers do you need to place to minimize the distractions?)

1.

2.

3.

When will I start?
