

30 DAY *yogi* PLANNER

WE WANT TO SUPPORT YOUR COMMITMENT TO PRACTICE YOGA OVER THE NEXT 30 DAYS.

Just print off this planner and mark off the days you hit the mat! Dive in – you will receive exactly what you’re willing to give. Mix it up with different class styles - try the Heated and Non-Heated Vinyasa classes or take some chill time with Yin. We offer Level 1 classes for beginners, but jump into any class, everyone’s welcome!
Make a note of how you feel after class and if you meditated.

KEY :

V = VINYASA

Y = YIN

😊 = I FELT ENERGISED/HAPPY

😞 = I FELT TIRED/UNMOTIVATED

M = I MEDITATED

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

1. GOALS

What do I wish to get in the next 30 days from my yoga practice?

(We recommend you can somehow measure this goal)

1

2

3

4

5

2. CONTEMPLATION QUESTIONS

Why did I start my yoga practice?

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What is it that I need to commit to on an ongoing basis in my life?

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What motivates me most in life?

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When am I most fulfilled AND unfulfilled?

1

2

What do I respect about my body?

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3. LET'S CELEBRATE!

Once you have completed your 30 days it's important to acknowledge yourself.

What have I experienced?

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What's possible now if I continue this practice?

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