

YOGA RITUAL

REFLECTIVE EXERCISE

- What was your favorite class this past month?

- Which one did you feel you needed the most?

- After completing this challenge, I feel :

- My biggest “a-ha” moment/pose/variation was:

- Jot down which days feel easiest to maintain your yoga habit going forward. Did you find Mondays the hardest to keep that commitment? Maybe Saturday had the least resistance? Pick 1-2 days a week that are an easy “YES!” and put it in your calendar!
