

THE YOGA PRACTICE PLANNER



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Goal Setting Worksheet

Instructions and a list of goals for the goal setting worksheet.

Weekly practice log form with sections for 'What did I do?', 'Asana practice', and 'Practice reflections'.

Monthly planner grid with columns for 'INSPIRATION', 'MONTHLY GOALS', and 'MONTH', and rows for each day of the month.

Planner Yoga Practice

D Kirk



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