

HATHA YOGA ATTENDANCE

Month/Year: _____

Instructor: _____
Level/Class: _____

#	STUDENT NAME	DATE	ATTENDED	OBSERVATIONS / FOCUS
01	_____	____/____	_____	<i>e.g. Pranayama, alignment...</i>
02	_____	____/____	_____	
03	_____	____/____	_____	
04	_____	____/____	_____	
05	_____	____/____	_____	
06	_____	____/____	_____	
07	_____	____/____	_____	

#	STUDENT NAME	DATE	ATTENDED	OBSERVATIONS / FOCUS
08	_____	___/___		
09	_____	___/___		
10	_____	___/___		

"Yoga is the journey of the self, through the self, to the self." - The Bhagavad Gita