

YOGA PRACTICE PLANNER

Find balance in the flow.

Routine Name:

Date:

Duration:

MINS	SEQUENCE / POSE	BREATH & ALIGNMENT FOCUS	DONE
0-5	Centering / Child's Pose	Deep belly breathing; set intention.	
5-15	Warm-up (Cat-Cow, Sun A)	Synchronize movement with ujjayi breath.	
15-30	Standing Series (Warrior I, II, III)	Grounding through four corners of feet.	
30-40	Balance & Peak Pose	Focus on drishti (gaze point).	
40-50	Floor Work / Cool Down	Gentle twists and hip openers.	
50-60	Savasana	Total release and stillness.	

Intentions & Affirmations:

Post-Practice Reflection:

"Yoga is a light, which once lit will never dim." - B.K.S. Iyengar