

# PRENATAL YOGA WEEKLY TRACKER

Week Beginning: \_\_\_\_\_

Trimester: \_\_\_\_\_

<b>DAY</b>	<b>PRACTICE FOCUS / POSES</b>	<b>DURATION</b>	<b>DONE</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			

<b>DAY</b>	<b>PRACTICE FOCUS / POSES</b>	<b>DURATION</b>	<b>DONE</b>
<b>Sunday</b>			

**PHYSICAL SENSATIONS & ENERGY LEVELS**

**MINDFULNESS & CONNECTION REFLECTION**

"Listen to your body; it is your greatest teacher."