

# RESTORATIVE YOGA WEEKLY PLANNER

Month: \_\_\_\_\_ Intention: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Poses / Duration	Poses / Duration	Poses / Duration	Poses / Duration	Poses / Duration	Poses / Duration	Poses / Duration
Props Needed	Props Needed	Props Needed	Props Needed	Props Needed	Props Needed	Props Needed

**BREATHWORK & MEDITATION FOCUS**

**REFLECTION & PHYSICAL SENSATIONS**