

# YOGA PRACTICE TRACKER

Month: \_\_\_\_\_ Goal: \_\_\_\_\_ Sessions / Week

Day	Done	Focus / Intention	Duration
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Monday		<i>e.g. Sun Salutations</i>	____ min
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Tuesday			
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Wednesday			
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Thursday			
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Friday			
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Saturday			
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Sunday			
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"Yoga is the journey of the self, through the self, to the self."