

# YOGA STARS WEEKLY ROUTINE

Yogi Name: \_\_\_\_\_

Week Of: \_\_\_\_\_

POSE / ACTIVITY

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|------------------------------|--|--|--|--|--|--|--|
| Mountain Pose<br>(Breathing) |  |  |  |  |  |  |  |
| Sun Salutations              |  |  |  |  |  |  |  |
| Tree Pose (Balance)          |  |  |  |  |  |  |  |
| Down Dog (Stretch)           |  |  |  |  |  |  |  |
| Butterfly / Quiet Time       |  |  |  |  |  |  |  |

Today I felt:  Happy  Calm  Energetic  Tired

WEEKLY GOAL REWARD \_\_\_\_\_