

YOGA JOURNEY ACHIEVEMENTS

Practitioner: _____ Start Date: _____

MILESTONE	GOAL / ACHIEVEMENT	PERSONAL REWARD	DONE
Foundation	Complete 10 Sun Salutations	<i>New Yoga Block</i>	
Consistency	7 Consecutive Days of Practice	<i>Aromatherapy Candle</i>	
Strength	Hold Plank for 2 Minutes	<i>Premium Yoga Mat</i>	
Balance	30-Second Tree Pose (Both Sides)	<i>Organic Essential Oil Set</i>	
Dedication	30 Classes in 30 Days	<i>Workshop or Retreat Deposit</i>	
Mindfulness	15-Minute Daily Meditation (14 Days)	<i>Journal & Fountain Pen</i>	

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