

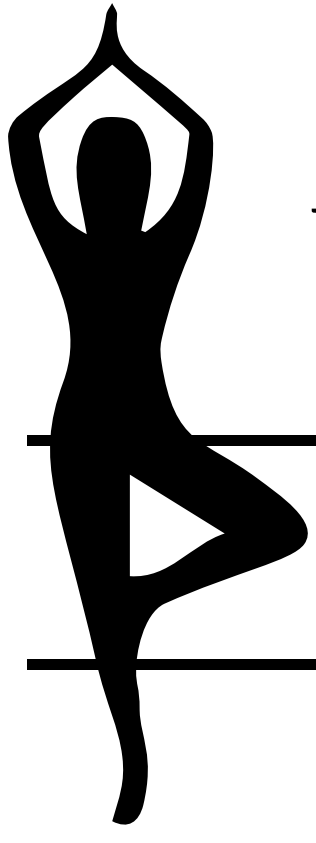


my mindful journal

Yoga is the perfect opportunity to be
curious about who you are.

Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't).

James Baraz



What yoga poses do I want to work on?

how will you get there?

Notice how you feel before a yoga practice. Go to your mat and practice for 5, 10, or 30 minutes. Now, notice how your mind, body and soul feel and write down your experience.

Words that describe me:

Declutter my life

People, places & things
I want to keep in my life

People, places & things
I want to step away from

"Life is a balance between holding on and letting go." - Rumi

Daily Check-in

A beautiful day begins with a beautiful mindset.



	Mind	Body	Soul
MON			
TUE			
WED			
THUR			
FRI			
SAT			
SUN			

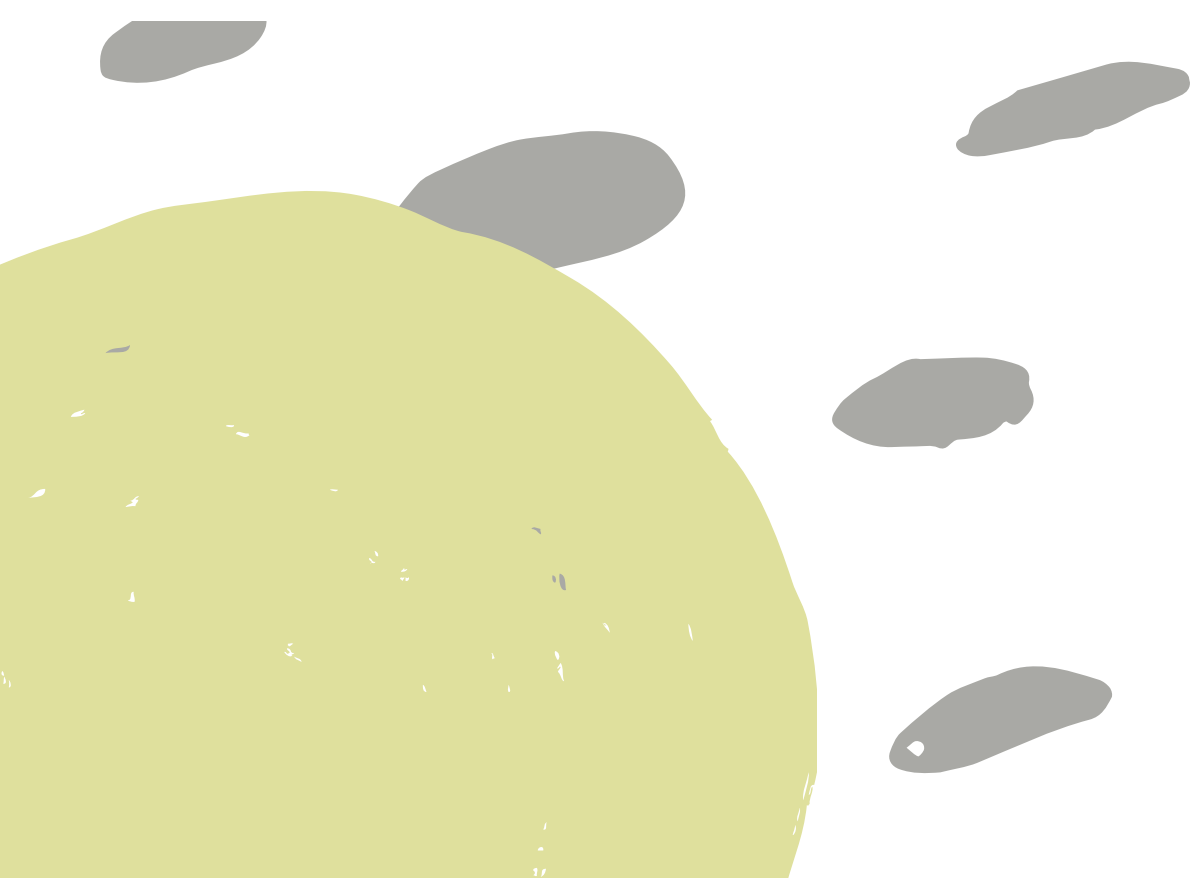


Daily Check-in

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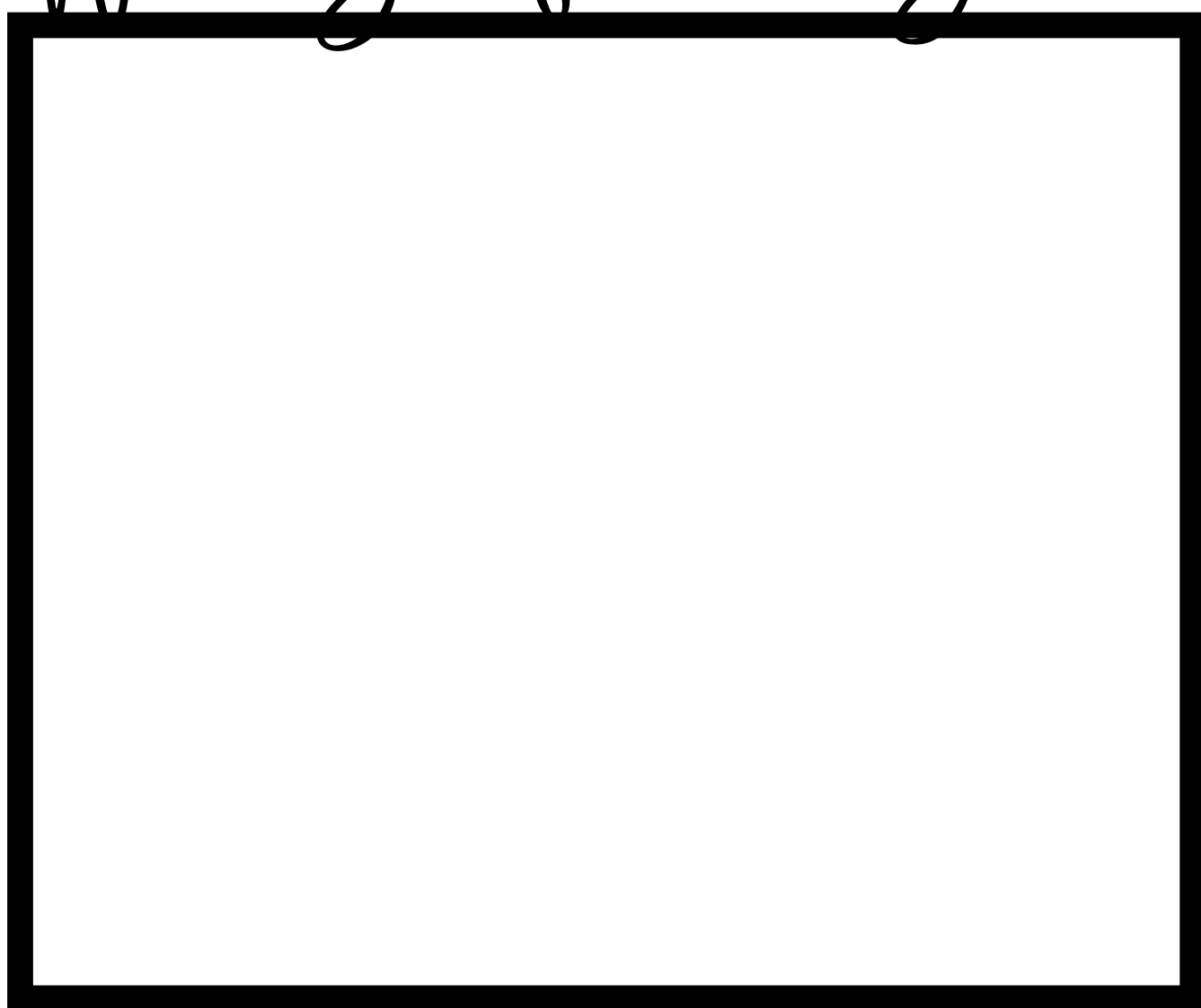


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Let's get a little sensual shall we? Grab some objects (i.e. paintbrush, spoon, fabric) and then rub them on your arms, legs, cheeks, anywhere! How does it feel? What does it feel like? What sensations do you feel?

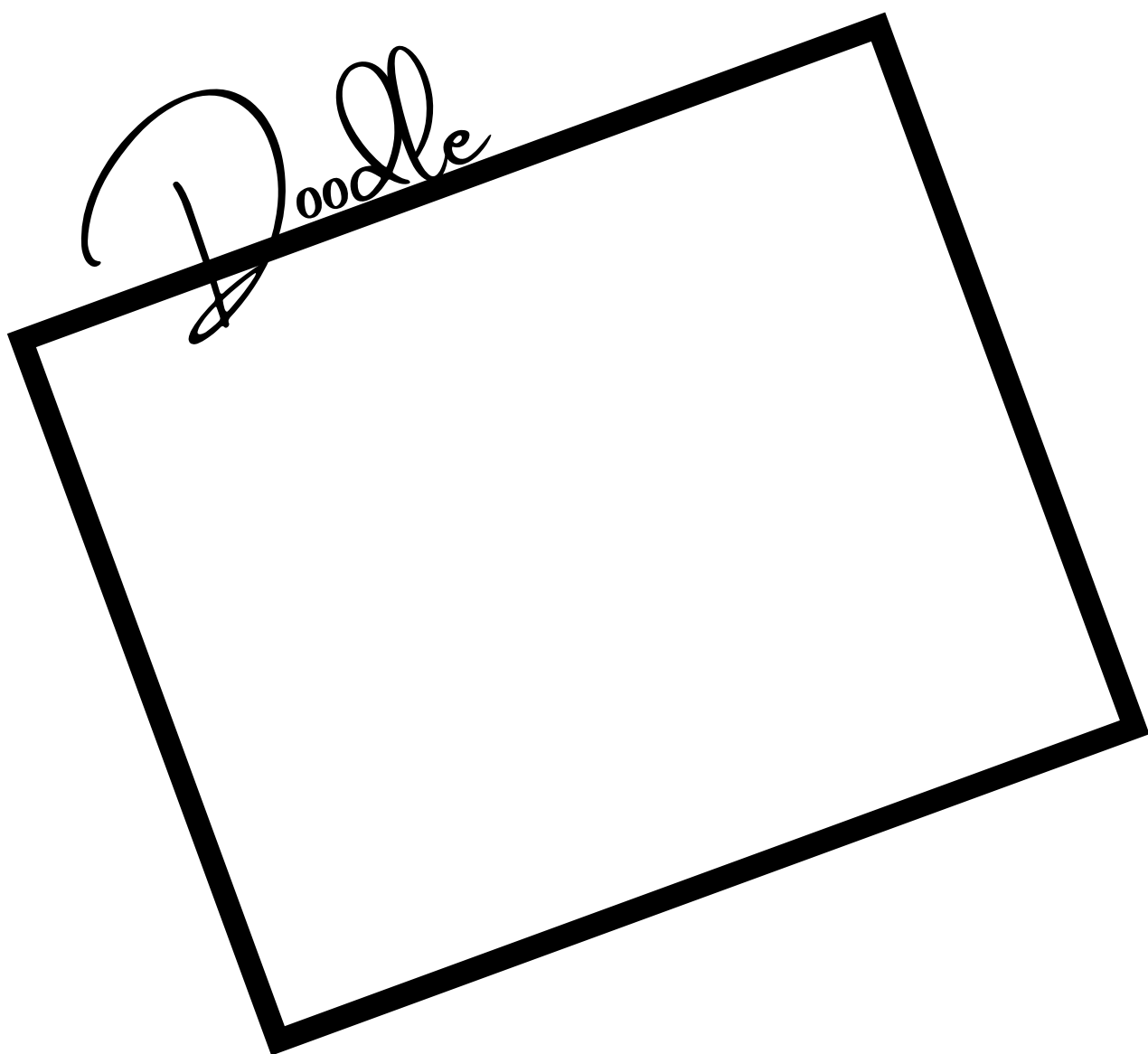
Whats your favourite object?



Least favourite?



Doodle



Notes:

