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# Yoga Journal

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A 30-Day Guided Journal



Hybrid

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

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Energy After:      (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Mood (1-10):      (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)



**Session Intention** *(what is your intention for today's practice? e.g. let go of tension, build strength, find s...*

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**Poses practiced** *(list the key asanas or sequences from today's session)*

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**Body Awareness** *(what did you notice in your body? areas of tension, openness, discomfort, or ease?)*

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