



# MY YOGA DIARY



Minutes/Hours

SUN

MON

TUES

WED

THUR

FRI

SAT

Asana (\_\_\_\_)

M

Pranayama (\_\_\_\_)

Meditation (\_\_\_\_)

Self Study (\_\_\_\_)

Fasting (\_\_\_\_)

## KRIYAS:

## DAILY JOURNAL:

One thing that disturbed my peace

- Why it disturbed my peace?
- How I reacted?