

WORK-FROM-HOME SEQUENCE: PRACTICE TRACKER

*Cross out the days that you do the practice and mark your total at the end!

स तु दीर्घकाल नैरन्तर्य
सत्कारादरासेवतिो दृढभूमिः ॥१४॥

- Patanjali Yoga Sutras, Chapter 1 verse 14

"Perfection in practice comes when one continues to practice with sincerity and respect for a long period of time without any interruption".

	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	Total	
Setting the routine	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div>Yay! You're off to a great start! Find a practice partner!</div>
Settling into practice		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div>Half-way through, there's no stopping you! Put up a pic & tag us!</div>
The last leg!			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div>GLORY! GLORY! Send us a tracker-pic & Claim your free yoga-nidra recording!</div>
Total no of days: ____ /31												

To make the most of this practice-challenge, journal your experiences.
Here are a few reflection-based questions to get you started.

1. How do you feel (physically) after practice? Any exaggerated sensations?
2. How is your breathing? Do you notice any differences?
3. How are you feeling emotionally (before and after practice)?
4. How is your overall energy and balance when you practice?
5. Have you noticed any changed in your sleeping patterns?
6. How is your relationship with food?

For more resources:



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pragya