



Journal prompts for your yoga and meditation practice

Prior to beginning your practice- take several moments to jot some things down in your journal. This journey will help you connect your thoughts and feelings to your body, movement and your breath.

- Check in with yourself just before you get on your yoga mat or you find your quiet space. Describe how you are feeling in your body and a few thoughts that may be running through your mind.
- After your session, check in with yourself again. Describe how you feel now? Has your tension been released? Is your body and mind more relaxed? Has your mind slowed down a little, or a lot? Do you have more energy?
- Listen to the sound of your breath, and feel your breath move in and out of your body. Listen to the world around you. Describe what you hear and how you feel, just in that moment. What does your body feel? What thoughts popped into your head that you let pass?

Opportunities for Reflection

- I feel most energized when...
- What would your body say to you if it could speak?
- What does "balance" feel like for you?
- What in your life gives you purpose and motivates you?
- How do your physical senses shape your perceptions of this world?
- How do you know when you are overworked? What signals does your body send you? Do you pay attention to those signs or ignore them?
- What position does your body feel the most balanced?
- What position does your body feel the most open or at ease?
- What positive intention can you bring to your practice?
- Consciously identify one positive thought or emotion that you will focus on during your practice.

Use these prompts as many times as you want throughout your yoga or meditation practice. It is a great way to track your progress over time.

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