

# Yoga Practice

Live YOUR Optimal Life - YOU CAN DO IT!! 😊

Name : \_\_\_\_\_ Email : \_\_\_\_\_ cell : \_\_\_\_\_

Each time YOU choose to practice yoga write it down for how long. Once you fill in 10 yoga practices, turn in your sheet to receive a special gift.

1. I chose to practice yoga for \_\_\_\_\_ minutes
2. I chose to practice yoga for \_\_\_\_\_ minutes
3. I chose to practice yoga for \_\_\_\_\_ minutes
4. I chose to practice yoga for \_\_\_\_\_ minutes
5. I chose to practice yoga for \_\_\_\_\_ minutes
6. I chose to practice yoga for \_\_\_\_\_ minutes
7. I chose to practice yoga for \_\_\_\_\_ minutes
8. I chose to practice yoga for \_\_\_\_\_ minutes
9. I chose to practice yoga for \_\_\_\_\_ minutes
10. I chose to practice yoga for \_\_\_\_\_ minutes

Signature \_\_\_\_\_ Date \_\_\_\_\_

**The Body Achieves what the Mind Believes!**

