



## YOGA LOG

Name \_\_\_\_\_ Date \_\_\_\_\_

For each week, write in the date that you performed the poses and the length of time that you held each pose. Time for each pose should ideally be a minimum of 10 seconds and up to 30 seconds. If you are currently holding each pose for less than 30 seconds, attempt to increase the time of the poses by a few seconds each week, staying within your comfort level. (Remember to go just to the point of mild discomfort and then back off slightly.) Under “Comments” write general feedback on how you felt when you performed the poses that week.

Week 1	Date	Date	Date	Week 2	Date	Date	Date
	Time	Time	Time		Time	Time	Time
Mountain pose				Mountain pose			
Standing lateral flexion				Standing lateral flexion			
Warrior I				Warrior I			
Warrior II				Warrior II			
Reverse warrior				Reverse warrior			
Triangle				Triangle			
Reverse twisting triangle				Reverse twisting triangle			
Downward-facing dog				Downward-facing dog			
Cat or cow stretch				Cat or cow stretch			
Butterfly				Butterfly			
Final relaxation				Final relaxation			
<b>Comments</b>				<b>Comments</b>			

## YOGA LOG *(continued)*

Week 3	Date	Date	Date	Week 4	Date	Date	Date
	Time	Time	Time		Time	Time	Time
Mountain pose				Mountain pose			
Standing lateral flexion				Standing lateral flexion			
Warrior I				Warrior I			
Warrior II				Warrior II			
Reverse warrior				Reverse warrior			
Triangle				Triangle			
Reverse twisting triangle				Reverse twisting triangle			
Downward-facing dog				Downward-facing dog			
Cat or cow stretch				Cat or cow stretch			
Butterfly				Butterfly			
Final relaxation				Final relaxation			
<b>Comments</b>				<b>Comments</b>			