## **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.

Standing lateral flexionStanding lateral flexion <th rowspan="2">Week 1</th> <th rowspan="2">Date Time</th> <th rowspan="2">Date Time</th> <th rowspan="2">Date Time</th> <th>Week 2</th> <th>Date</th> <th>Date</th> <th>Date</th>	Week 1	Date Time	Date Time	Date Time	Week 2	Date	Date	Date
Standing lateral flexionImage: Standing lateral flexionStanding lateral flexionImage: Standing lateral 						Time	Time	Time
flexion <t< td=""><td>Mountain pose</td><td></td><td></td><td></td><td>Mountain pose</td><td></td><td></td><td></td></t<>	Mountain pose				Mountain pose			
Warrior IIImageImageImageImageReverse warriorImageImageImageImageTriangleImageImageImageImageReverse twisting triangleImageImageImageDownward- facing dogImageImageImageCat or cow stretchImageImageImageButterflyImageImageImageFinal relaxationImageImageImage								
Reverse warriorImageImageImageImageTriangleImageImageImageImageImageReverse twisting triangleImageImageImageImageDownward- facing dogImageImageImageImageCat or cow stretchImageImageImageImageButterflyImageImageImageImageImageFinal relaxationImageIma	Warrior I				Warrior I			
TriangleImageImageImageImageReverse twisting triangleImageImageImageImageDownward- facing dogImageImageImageImageCat or cow stretchImageImageImageImageButterflyImageImageImageImageImageFinal relaxationImageImageImageImageImage	Warrior II				Warrior II			
Reverse twisting triangleReverse twisting triangleReverse twisting triangleDownward- facing dogDownward- facing dogDownward- facing dogCat or cow stretchCat or cow stretchCat or cow stretchButterflyButterflyButterflyFinal relaxationFinal relaxationImage: Cat or com stretch	Reverse warrior				Reverse warrior			
triangletriangletriangleDownward- facing dogDownward- facing dogDownward- facing dogCat or cow stretchCat or cow stretchCat or cow stretchButterflyImage: Cat or cow stretchImage: Cat or cow stretchFinal relaxationImage: Cat or cow stretchImage: Cat or cow stretch	Triangle				Triangle			
facing dogImage: Second stretchfacing dogImage: Second stretchCat or cow stretchCat or cow stretchCat or cow stretchImage: Second stretchButterflyImage: Second stretchButterflyImage: Second stretchFinal relaxationImage: Second stretchFinal relaxationImage: Second stretch								
stretchstretchstretchButterflyImage: StretchButterflyFinal relaxationImage: StretchFinal relaxation								
Final relaxation Final relaxation								
	Butterfly				Butterfly			
Comments	Final relaxation				Final relaxation			
Comments	Comments		I		Comments	1	1	1

## **YOGA LOG** (continued)

Week 3	Date Time	Date Time	Date Time	Week 4	Date	Date	Date
					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			
Comments				Comments			