



To record your week of practice, print a sheet and complete it using stick figures.

Week	Term 1 Week 1	
Log period	From: 2/2/15	To: 8/2/15
Focus	Standing Poses	

Day	Sequence Record	Themes, References, questions
Monday		Repeat all standing asanas
Tuesday		Shoulders Abhyasa/Vairagya
Wednesday		Focus on breath and Mvt
Thursday	Rest day	
Friday		
Saturday		
Sunday		

Additional comments: