My yoga practice log

Track what you practised and how you felt. Over a few weeks you will see what helps you most.

DATE	WHAT I PRACTISED	MINS	BEFORE 1–5	AFTER 1–5	NOTES

Practise kindly. Move slowly, breathe through the nose and never push into pain. Rest whenever you need to. If you are new to yoga, pregnant, or have an injury or health condition, learn with a qualified teacher.

General wellbeing information, not medical advice. Practise within your comfort.