

Journal Prompts for Yoga

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- 1. Write down your intention for the practice, what did this mean to you today?**
- 2. What did you practice? Poses, pranayama, meditation?**
- 3. What did you enjoy and what did you find challenging?**
- 4. How did you manage your challenges?**
- 5. What was the mood and content of your thoughts during practice? If negative thoughts came up, what were they?**
- 6. What did you love about your practice and why?**

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