



Your Yoga Planner

Readiness Checklist
Weekly Yoga Tracker
Breathing & Relaxation Exercises



Free gift from Yoga Health!

Yoga Start Checklist

Before you roll out the mat, take a moment to ground, breathe, and prepare.
This short checklist keeps your practice mindful, safe, and empowering.

Before You Begin

- ☐ Clear your space — make sure there's room to move freely.
- ☐ Gather props — mat, strap, blocks, or a chair if needed.
- ☐ Remove shoes and wear something comfortable.
- ☐ Have water nearby to stay hydrated.

Listen to Your Body

- ☐ Know the difference between gentle stretch and pain.
- ☐ Stop if you feel dizzy or lightheaded.
- ☐ Modify or skip poses that don't feel right for you.

Accessibility Tips

- ☐ Try chair-supported or wall-assisted poses.
- ☐ Use props for extra comfort and stability.
- ☐ Adjust every pose to meet your needs.

Mindset Reminder

- ☐ Start slow and build gradually.
- ☐ Focus on progress, not perfection.
- ☐ Enjoy each breath and every step of your practice.

Download, print, and keep this checklist nearby.

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Medical Disclaimer

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Your 7-Day Yoga Habit Tracker

Build consistency, track progress, and stay motivated in your yoga journey.
Use this tracker to check in daily and reflect weekly.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Energy:	Energy:	Energy:	Energy:	Energy:	Energy:	Energy:
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Tip: Even a short session counts — the goal is consistency, not perfection.

Weekly Reflection

What felt easier this week?	What challenged me?	What do I want to explore or try next week?

★ Motivation Bar

Color in a star or fill your progress bar each time you complete a practice. Watch your motivation grow as your chart fills up!



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Breathing & Relaxation Exercises

Simple, effective techniques to calm your mind, refresh your body, and improve focus.

⇒ 3 Easy Breathing Exercises

1. Box Breathing (4-4-4-4)

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts

🔄 Repeat 3–5 rounds to reduce stress and reset focus.

2. Relaxing Exhale (Inhale 4, Exhale 6)

- Inhale gently through your nose for 4 counts
- Exhale slowly through your mouth for 6 counts

🌙 Use before sleep or anytime you need to unwind.

3. Morning Energizer

- Take 3 deep, full breaths in through the nose and out through the mouth
- On the last exhale, stretch your arms overhead or to the sides

☀️ Perfect way to awaken your body and boost morning energy.

🌿 Relaxation Routine: Body-Scan Wind-Down

1. Lie down comfortably.
2. Close your eyes and take a slow breath in.
3. Bring your attention to your toes... relax them.
4. Move gently up through your legs, hips, belly, chest, shoulders, and face.
5. Let each part soften as you breathe out.

Try this at bedtime or after a long day.

💡 Quick Tips

- Practice sitting or lying down.
- No special equipment needed.
- Use anytime, anywhere for calm and clarity.

Consistent breathing practice helps balance your body and mind — one breath at a time.

Download, share, and keep this close!

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