

Prana Yoga Studio S U M M E R Yoga Challenge Practice Chart 2020

WEEK # ____ Dates (circle one): July 6-12 | July 13-19 | July 20-25 | July 27-Aug 2

Aug 3-9 | Aug 3-9 | Aug 10-16 | Aug 17-23 | Aug 24-30

Print 8 copies, one for each week. Please fill out at each practice and take a pic to post on the Facebook group or send to Prana by Monday morning each week! Note: How I feel before/after - mentally, emotionally & physically

Day 1 Class: _____ Teacher: _____

How I feel before class: _____

How I feel after class: _____

Something notable about this class was: _____

Day 2 Class: _____ Teacher: _____

How I feel before class: _____

How I feel after class: _____

Something notable about this class was: _____

Day 3 Class: _____ Teacher: _____

How I feel before class: _____

How I feel after class: _____

Something notable about this class was: _____

Day 4 Class: _____ Teacher: _____

How I feel before class: _____

How I feel after class: _____

Something notable about this class was: _____
