



| Deepening Home Yoga Practice | Day | Time | What my practice looked like today | Journal thoughts |
|---|------------------|-------------|---|-------------------------|
| My commitment for next 21 days is: | Monday | | | |
| | Tuesday | | | |
| | Wednesday | | | |
| | Thursday | | | |
| | Friday | | | |
| | Saturday | | | |
| | Sunday | | | |