
1 Setting Intentions

There is no wrong reason for starting yoga. Getting clear on why you want to start will help you with your commitment.

Instructions: Sit quietly for 10-15 minutes to ponder why you want to start a yoga practice. Turn off all devices. Set a timer if you need to. Then, fill out the rest of this sheet.

TODAYS DATE

Today, I want to start a yoga practice because:

- I want to lose weight
- I want to be more flexible
- I want to increase fitness
- I want to be less stressed
- I want to reduce pain
- I want a more spiritual life
- I want to improve my sleep
- I am bored
-
-
-
-

notes: