



Yogi Daily Planner: 90 day planner: Ocean blue edition

By Migle Adzgauskaite Verseckiene

APPSTU. Paperback. Condition: New. 160 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. This 90 day planner aims to help you to set your goals, structure and track your Yoga practice, create healthy habits and keep you motivated every day. WHATS INSIDE - Personalisation page - My Morning Routine Planner - My Little Yoga Dictionary with notes - Wheel of Life - Moon Phases Meanings and ritual tips - Monthly Summary and Gratitude page - Diary pages UNDATED DAILY PLANNER - 3 monthly sections with 31 days each - Hello Month page with a spiritual illustration for colouring - Monthly Goals Planner - My Biggest Goal of This Month with Small Steps planner - Monthly Yoga Schedule - Monthly Yoga Goals - Log your daily sleep in the Monthly Sleep Log - A section for a daily positive affirmation of your choice - Daily gratitude ritual - Day Focus Tasks - Hourly plan from 5a. m. till midnight. - Meditation and Moon Sun Salutation tracker - Yoga Practice Schedule - Daily water intake tracker - Daily Evening Ritual - The best part of my day - Monthly Reflection with notes, accomplished goals, wheel of life chart and gratitude sections. DETAILS - Soft...

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This book could be worthy of a read through, and a lot better than other. It can be full of knowledge and wisdom I am just happy to tell you that here is the best book we have read through inside my personal lifestyle and could be the finest pdf for ever.

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