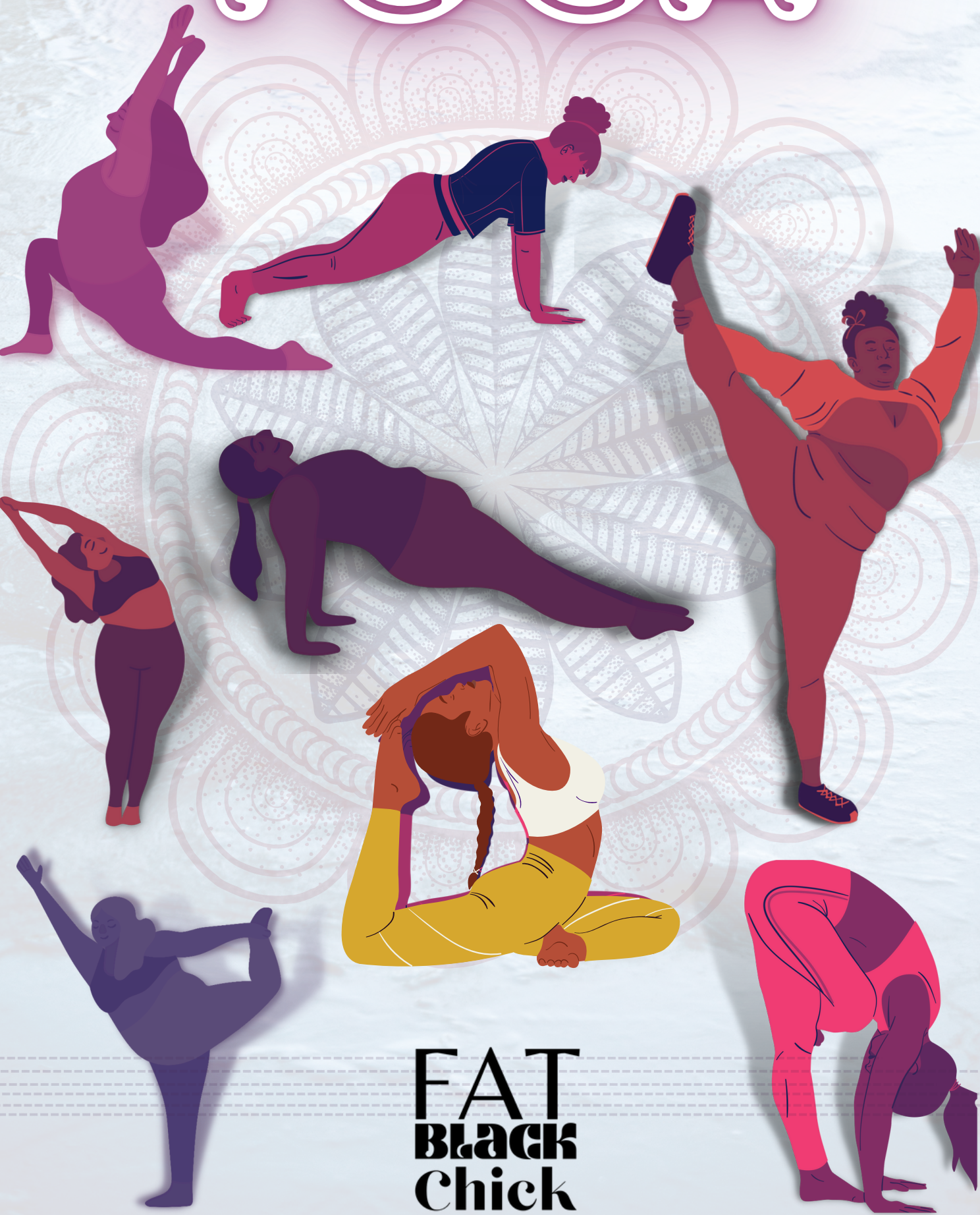


my journey in YOGA



FAT
Black
Chick

my journey in YOGA

Yoga, to me is a journey of learning the self. It often begins with using the ancient art and science of body movement to create a custom and ever changing map of your own body. As a person who once had very little body awareness, it has helped me to learn, acknowledge, feel, and respond to my own body. This is my journey of the physical aspect of yoga. The practice of asana, one of eight limbs of the entire science of yoga.

It is my hope that you find these tools useful immediately after a practice as you began to create your own map.

IN SOLIDARITY,

**FAT
Black
Chick**

daily PRACTICE

date: _____
cycle day: _____
phase: _____

Pre session



Post session



Practice review

duration:

style:

mantra/focus:

strength:

balance:

flexibility:

win:

What thoughts came
up for you?

What can you bring to
another session?

hydration:



meditation:

medication:



skin care:

supplements:

playlist BUILDER

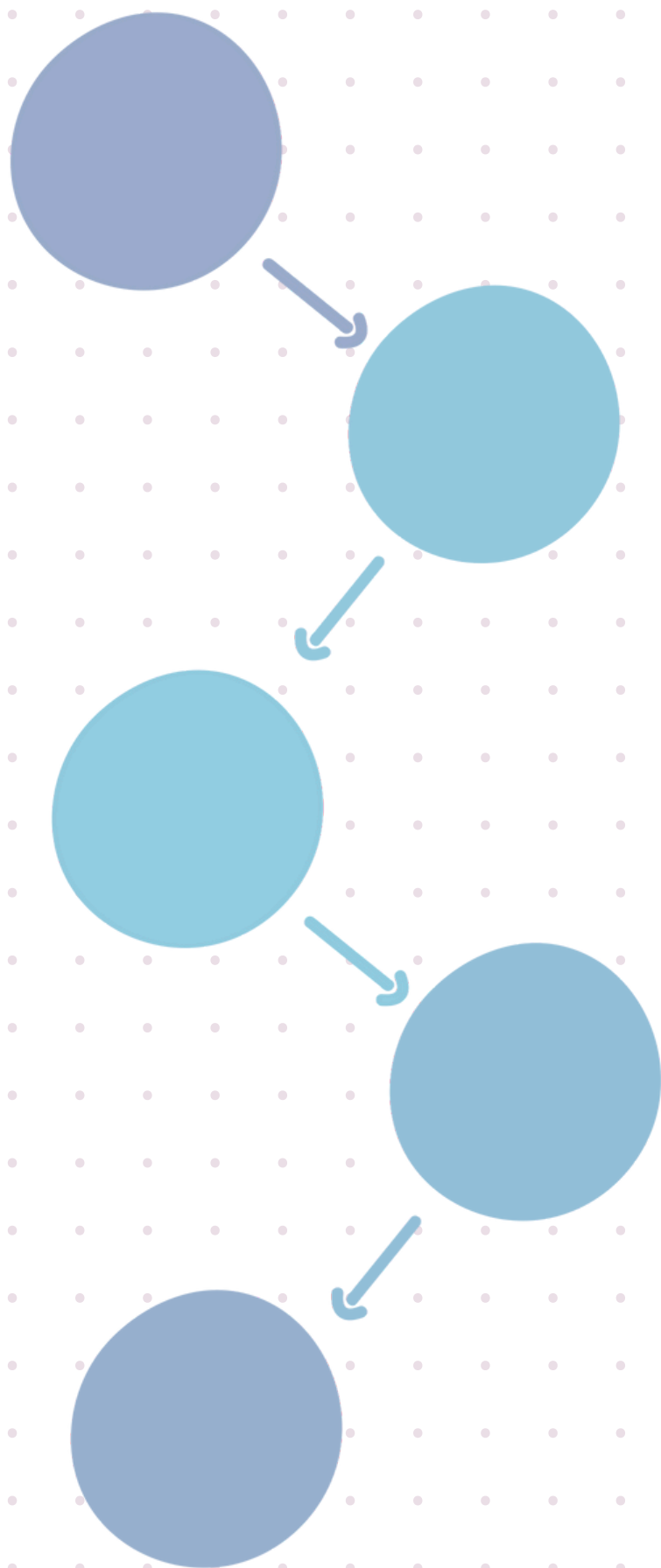
yoga style: _____

vibe: _____

songs:

[illegible]

mini SEQUENCE





endless
POSSIBILITIES

monthly REFLECTION

date: _____

I am proud that I:



I learned to appreciate myself for:



I notice a trend in my physical body:



I would like to show
up for my physical
self next month by:



I would like to show
up for my emotional
self next month by:

