



Week 2 - Journalling

Before you begin, follow the simple yoga sequence for this week. Once you have (it's only 20 minutes long) Open your Journal and Get Comfy

Did you notice anything while following the yoga sequence? What were the physical sensations that you felt? Write whatever you noticed. If questions, resistance, frustration or ideas came up for you, note them down. There is no need to fix or change anything, right now you are observing...

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Keep Going...

Did you notice where you went, in your head or your body, when brought to your edge? Were you able to stay with whatever discomfort came up?

Write down, scribble, draw...whatever works for you. There's no need to edit or perfect this, the value in this process is in the act of writing, not in the end result.

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