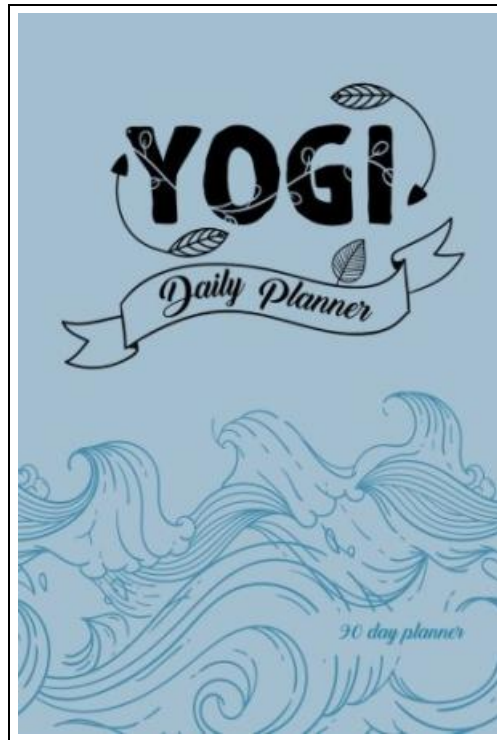


Yogi Daily Planner: 90 day planner: Ocean blue edition



Filesize: 3.67 MB

Reviews

*It in a of the best publication. It really is loaded with knowledge and wisdom You may like the way the blogger write this ebook.
(Prof. Shannon Wehner PhD)*

YOGI DAILY PLANNER: 90 DAY PLANNER: OCEAN BLUE EDITION



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 glossy cover - High quality white paper. - 6x9 size - 160 pages This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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