

# The Self Practice



## ROAD MAP & HABIT TRACKER

This 1 week roadmap & habit tracker is designed to help you start your yoga journey at home with confidence. It blends movement, breathwork, meditation, and mindful living—so you can connect with your body, calm your mind, and awaken your spirit.

DAILY TASKS	MON	TUE	WED	THU	FRI	SAT	SUN
<i>Wake up before 7am</i>							
<i>Journal</i>							
<i>Breath Work</i>							
<i>Gentle Flow</i>							
<i>Meditate</i>							

**WAKE UP BEFORE 7AM** - For better focus and increased energy, begin your practice during the most pure and calm part of the day with fewer distractions.

**JOURNAL** - If are you new to journaling begin with listing a few things you are grateful for, what you expect our of your day and how you would like to feel at the end of your practice.

**BREATH WORK** - Try Diaphragmatic Breathing or Box Breathing. Notice sensations, quality of breath, and your state of mind.

**GENTLE FLOW** - Practice 10–15 min daily: Seated centering, Cat/Cow, Downward Dog, Low Lunge, Mountain Pose, Child’s Pose.

**MEDITATE** - Start with 2–3 minutes of stillness after practice. Focus on your breath or repeat a mantra like ‘I am at peace.’