Yoga Journal Entries

1. Yoga quiz.
2. What are your expectations for this class? Have you ever taken a yoga class? If so, did you like it?
3. Recall our last class. How did you feel before and after the class?
4. Do you ever feel frustrated with your body during yoga practice? What, specifically is frustrating?
5. Do you set an intention when you begin your yoga practice? If not, why not? If so, what are some intentions you have set?
6. What is your favorite yoga pose? Why do you like it?
7. What is your least favorite yoga pose? Why don’t you like it?
8. Are you good at matching your breath and movement in yoga practice? Do you sometimes move mindlessly and forget to breathe?
9. Pick your favorite yoga pose and explain it as though to someone who has never see it or even heard of yoga before.
10. How are you in balance poses? Do you think that your ease in balance poses reflects the degree of balance in your life?
11. Do you prefer backbends or forward folds? Why do you think that is?
12. Have you ever become emotional while practice yoga? Describe.
13. What is the most difficult thing about meditating? How are you managing this difficulty?
14. What is your greatest strength as a yogi?
15. What do you think is your greatest weakness as a yogi?
16. Do you enjoy savasana (copse pose)? Is it easy for you to relax your body laying down on the floor? Is it easy to relax your mind?
17. Is there a pose you would like to be able to do but cannot yet? Are you working to achieve it?
18. Do you home yoga practice? If so, what is the like? If not would you like to develop one?