



Yoga Journal

By Healthy Diet Journal

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Use this beautiful yoga journal to help you experience the full effect of mind / body wellness that yoga provides. Track your yoga workouts and write down how you feel afterwards. Tracking your poses, reps and time practicing yoga can help you determine which workouts are the most effective for your individual needs. It's essential to write down how you feel before or after a yoga workout. Jot down any additional notes or thoughts you might have. Writing down your yoga workouts can also help you stay more accountable while you try to maintain a healthy weight, lose weight or simply become more flexible and calm.

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