



## 10 Essentials Practice Guide

1. Review Posture Notes
2. Complete "Before" section of the worksheet
3. Choose warm-up and a version of the posture to try
4. Complete "After" section of the worksheet
5. Review intention notes
6. Choose version of posture, try again
7. Complete "Repeat"

# Worksheet

*Before:* What are some thoughts/feelings that arise when you bring this posture to mind?



*After:* What are some thoughts/feelings that arise when you bring this posture to mind?



*Repeat (with intention):* What if/any effect does intention have on thoughts/feelings associated with this posture?



# Progress Chart - Weekly

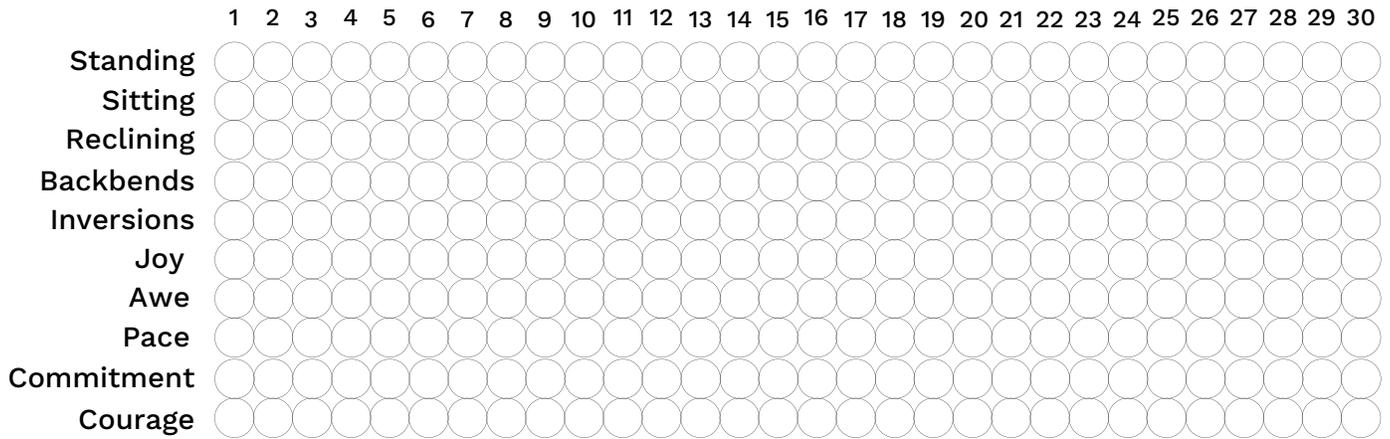
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Standing							
Sitting							
Reclining							
Backbend							
Inversion							
Joy							
Awe							
Pace							
Commitment							
Courage							

## Notes:

\* Use these progress charts to watch for patterns over time. You may find an understanding of where there is opportunity or where there is strength. Consider integrating what you're learning and adding more support where needed. (We can help with that!)

# Progress Chart - Monthly

## Month 1

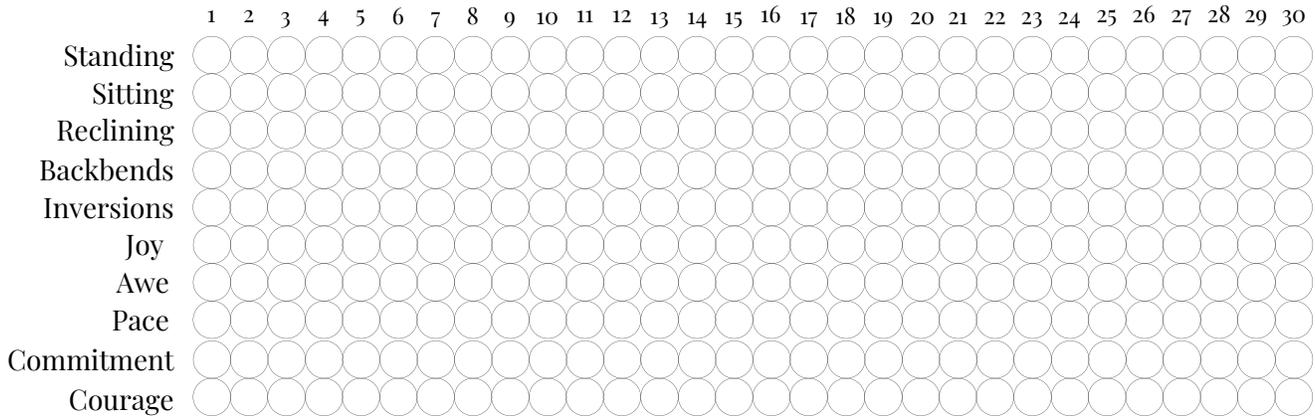


Notes:

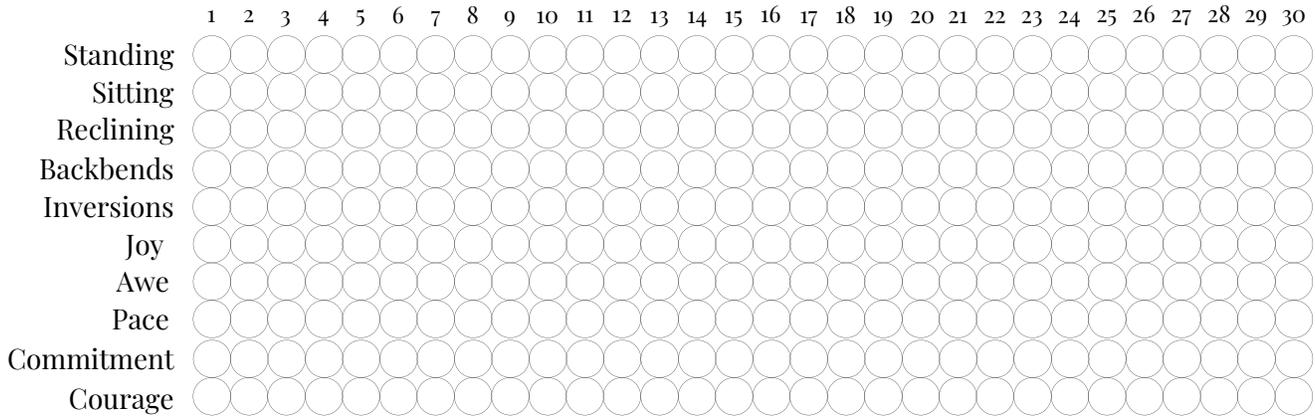
\* Use these progress charts to watch for patterns over time. You may find an understanding of where there is opportunity or where there is strength. Consider integrating what you're learning and adding more support where needed. (We can help with that!)

# Progress Chart - Seasonal

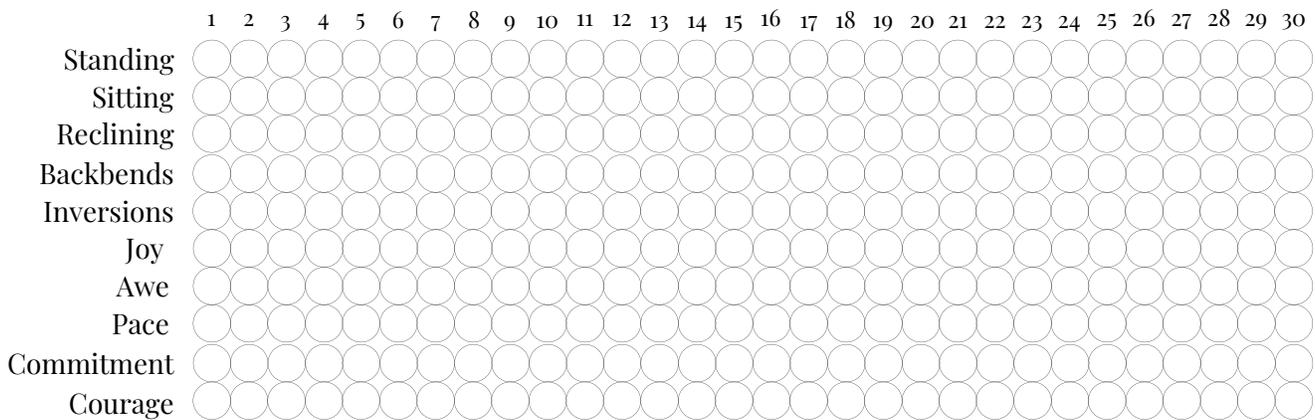
## Month 1



## Month 2



## Month 3



\* Use these progress charts to watch for patterns over time. You may find an understanding of where there is opportunity or where there is strength. Consider integrating what you're learning and adding more support where needed. (We can help with that!)