

Design My Morning Practice

for Breath Body Practice

- Commit to a 5-20 minute practice a day. Start small to secure success.

Right now my daily body-breath practice will be _____ minutes each morning.

- What will I enjoy doing?
(Take a walk, Sun Salutations, Stair-master, Tai Chi, etc.)

- Will I do the same practice each day or mix it up? If mixing it up — create a schedule:

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- What visual cue can I set out the night before to instigate the morning body breath practice?
(ex. set out your yoga mat; running shoes; bike helmet)

- How will this 5-20 minute body breath practice pay off for you in the long term if you were to never skip a day for the rest of your life?

What could make an existing practice more effective?