**Customizable Yoga Routine Planner**

**Purpose:**

Yoga is a holistic practice that improves physical strength, flexibility, and balance while promoting mental clarity and emotional resilience. This worksheet helps you design a yoga routine tailored to your energy levels, goals, and time availability, fostering a deeper connection between body and mind.

**Why This Matters for Emotional and Mental Health:**

Yoga combines movement with mindful breathing, reducing stress and anxiety by calming the nervous system. It helps release tension stored in the body, improves focus, and encourages self-awareness. A consistent yoga practice promotes emotional balance by creating space for reflection and relaxation, making it a valuable tool for mental health.

**Instructions:**

Use this worksheet to design and reflect on your yoga practice. Choose poses based on your goals, note the time spent on each, and track how you feel before and after. Reflect weekly to refine your routine and deepen your practice.

| **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Routine Goal (e.g., relaxation, strength, flexibility, energy boost):**

| **Pose/Sequence** | **Duration (min)** | **Notes (e.g., difficulty, modifications)** |
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**Reflection Questions:**

**What physical benefits did you notice after today’s yoga practice (e.g., reduced tension, improved flexibility)?**

**How did practicing yoga impact your mood or emotional state (e.g., reduced stress, increased calm)?**

**Were there any challenges during your practice? What adjustments can you make to improve your next session?**

**How can you make your yoga routine a consistent part of your daily or weekly schedule?**

**Pose Suggestions by Goal:**

**Relaxation:** Child’s Pose (Balasana), Forward Fold (Uttanasana), Legs-Up-the-Wall Pose (Viparita Karani).  
**Strength:** Plank Pose (Phalakasana), Warrior II (Virabhadrasana II), Chair Pose (Utkatasana).  
**Flexibility:** Downward Dog (Adho Mukha Svanasana), Low Lunge (Anjaneyasana), Butterfly Pose (Baddha Konasana).  
**Energy Boost:** Sun Salutations (Surya Namaskar), Cat-Cow Pose (Marjaryasana-Bitilasana), Cobra Pose (Bhujangasana).

**Quick Tips:** Start with short sessions, such as 10-15 minutes, and gradually increase as you feel comfortable. Use props like blocks or straps to modify poses and enhance your practice. Incorporate deep breathing or mindfulness techniques during your routine to maximize its calming effects. If unsure about poses, follow guided videos or attend a class to build confidence and technique.

This planner supports a yoga practice that evolves with your needs and goals. By consistently engaging in yoga, you’ll strengthen your body, calm your mind, and nurture your emotional well-being.