

YOGA TEACHER PLANNER

DATE:

PRODUCTIVITY LIST

- ADMIN
- ACCOUNTS
- MARKETING
- SEQUENCE PLANNING
- BUSINESS PLANNING

TOP 3 TO DO ESSENTIALS

1.
2.
3.

TODAY'S AFFIRMATION

MY SELF CARE TODAY:

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YOGA SEQUENCE PLANNER

TODAY'S THEME:

PRANAYAMA

OPENING SEQUENCE:

ACTIVE/STANDING/BALANCE POSES:

CLOSING POSES/RELAXATION: