



# My Life List: Yoga Journal

*Gabrielle Sulc*

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## **My Life List: Yoga Journal** Gabrielle Sulc

Are you interested in beginning a yoga practice or taking your yoga practice to the next level? Have you ever wondered how the principles of yoga can be incorporated into your own life? This journal will guide you from the foundation of yoga to developing your own personal yoga practice and provide a method for you to record your path along the way. Whether you are new to yoga or a seasoned yogi or yogini, writing in your Yoga Journal will help to keep you focused on achieving your yoga goals. Recording your experiences is a wonderful way to document and reflect on your path.

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