



# Yoga Practice Journal

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## **Yoga Practice Journal** W Fitz-Simon

This yoga home practice journal by long-time yoga teacher and practitioner Witold Fitz-Simon is beautifully illustrated with paintings and drawings by internationally renowned designer and creator of BIBA, Barbara Hulanicki. It includes: detailed journal pages to organize your practice; self-assessment questionnaires to record your progress; motivational strategies; asana practice guidelines with detailed lists and syllabuses of poses appropriate for different levels; pranayama guidelines; meditation techniques; a breakdown of key aspects of yoga philosophy, and more. Unlike anything else on the market today, the "Yoga Practice Journal" provides a touchstone for the dedicated yoga practitioner to help them explore and develop their journey along their spiritual path.

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