



Power Of Yoga

Yoga Journal

FOR BUSY MUMS

www.powerofyoga.com.au

THIS JOURNAL IS YOUR
GENTLE SPACE TO SLOW
DOWN, BREATHE AND
RECONNECT.

DESIGNED FOR BUSY MUMS TO USE IN POCKETS OF
TIME, WITHOUT PRESSURE OR PERFECTION

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2026: SETTING INTENTION

TODAY'S DATE

MOOD OF THE DAY

HOW DO I WANT TO FEEL THIS YEAR?

ONE WORD THAT DESCRIBES MY ENERGY FOR 2026:

WHAT DOES MY BODY NEED MORE OF?

WHAT AM I READY TO RELEASE?

ONE GENTLE PROMISE TO MYSELF:

YOGA PRACTICE JOURNAL

WHERE DO I PRACTISE?

HOW I FELT BEFORE YOGA

HOW I FELT AFTER YOGA

WHAT DO I ENJOY MOST ABOUT THE CLASS?

NOTES / WAYS TO IMPROVE

EXAMPLES: START SLOWER, FOCUS ON BREATHING,
SHORTER PRACTICE IS OKAY, NEED MORE ON HIPS/BACK

DAILY YOGA POSES

A PERFECT PLACE TO START IF YOU NOT
ALREADY FOLLOWING A YOGA ROUTINE

HOLD EACH POSE FOR 30 SECONDS

CHILD'S POSE



DOWNWARD
DOG



FORWARD FOLD



BUTTERFLY
POSE



TREE POSE



WARRIOR 1



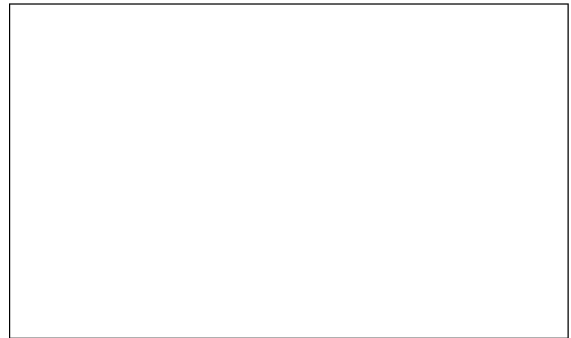
COBRA POSE



HOW DID YOU FEEL?

MY FAVOURITE YOGA POSES

POSES THAT HELP ME UNWIND ON BUSY DAYS



MY YOGA JOURNEY

YOGA POSES I CAN DO REALLY WELL
ALREADY

①

②

③

YOGA POSES I AM PRACTISING HARD TO
PERFECT

①

②

③

YOGA POSES I CHALLENGE MYSELF TO TRY



MEDITATION

SHORT MEDITATION FOR BUSY MUMS

Purpose

To calm the mind, slow the nervous system, and bring gentle awareness to the present moment.

How to practise

- Sit or lie down comfortably.
- Gently close your eyes or soften your gaze.
- Inhale through your nose for 3 seconds.
- Pause for 3 seconds.
- Exhale slowly through your mouth for 3 seconds.

Repeat this cycle 5–10 times.

MEDITATION: REFLECTIONS

WHAT AREA DID I FOCUS ON?

DID I HEAR OR SEE ANYTHING?

HOW DID IT MAKE ME FEEL?

WHAT DID I COME TO REALISE?

DAILY MINDFULNESS

THIS CAN BE DONE WHILE MAKING TEA, WAITING IN THE CAR, OR BEFORE BED.



MINDFULNESS IS NOTICING THE PRESENT
MOMENT WITH KINDNESS.
YOU DON'T NEED TO FIX, FEEL, OR CHANGE.
JUST BEING AWARE AND BEING PRESENT IS
ENOUGH.
GIVE IT A TRY!

LOOK AROUND
YOU SLOWLY.

NOTICE 3
THINGS YOU
CAN SEE.

PAUSE FOR A
MOMENT.

NOTICE 2
SOUNDS YOU
CAN HEAR.

BRING
ATTENTION TO
YOUR BODY.

NOTICE 1
SENSATION
YOU CAN FEEL.

NOW WRITE OR THINK

I FEEL.....

TAKE ONE MORE SLOW BREATH.
WHEN YOU'RE READY, CONTINUE YOUR DAY FEELING A
LITTLE MORE PRESENT.

DAILY GRATITUDE

I AM GRATEFUL FOR:

I'M LOOKING FORWARD TO:

DAILY AFFIRMATIONS:

EVENING:

GOOD THINGS THAT HAPPENED TODAY:

THINGS I CAN DO TO MAKE TOMORROW EVEN BETTER:

DAILY AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

WEEKLY REFLECTION

DATE:

HOW AM I FEELING ABOUT THIS WEEK?

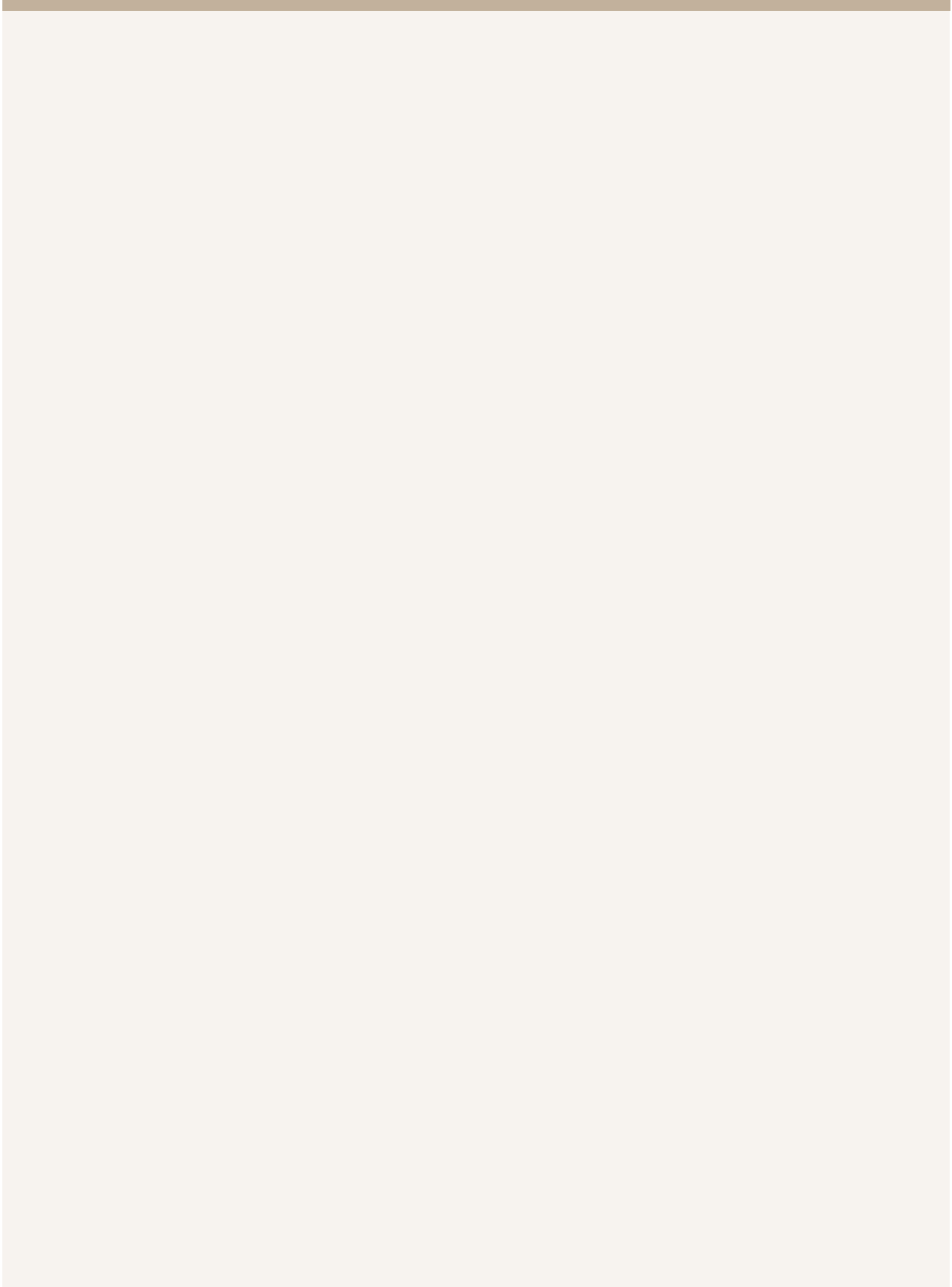
WHAT WENT WELL?

I NEED TO LET GO OF ...

I AM PROUD OF ...

I NEED TO DO MORE OF ...

DOODLE PAGE



NOTES

A large rectangular area filled with a uniform grid of small dots, intended for handwritten notes.