



MY YOGA-MINDFULNESS-MEDITATION STARTING POINT

- Identify your level of expertise.
 - Beginner
 - Intermediate
 - Advanced
- How much time do you want to devote to your practice?
 - 5–10 minutes daily
 - 20–30 minutes daily
 - 40–60 minutes daily
 - I am not sure if I can find time daily but will aim for 2–4 times a week.
- Where will you conduct your practice?
 - I have a dedicated space (room, corner of a room).
 - I can easily make space.
 - I will practice at a studio or my school.
- Do you prefer to use music as part of your practice?
 - Yes
 - No

If Yes, see Chapter 4 for more information on suggested music and apps.
- What will your practice be?
 - A combination of breath work, yoga, mindfulness, and meditation
 - Primarily breath work
 - Primarily yoga
 - Primarily mindfulness
 - Primarily meditation