



## BARRIERS AND RESISTANCE TO YOUR PRACTICE

- Where are you likely to encounter barriers to establishing and maintaining a practice?
- Are the barriers you anticipate more directly related to available time, your general willingness, your uncertainty as to the value of yoga-mindfulness-meditation, or where this falls as a priority for you?
- Looking at other aspects of your life, have you established and maintained routine practices for other areas? (Consider health, diet, sleep, reading, hobbies, or time with family members.) What helped you to establish and maintain those practices?