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| **YOGA TEACHER TRAINING PRACTISE LOG** | | | | |
| **DAY** | **DATE** | **PRACTISE** | **DURATION** | **NOTES (mood, insights, goals for the next practice, etc.)** |
| **Example** MONDAY | 20.05.2020 | PRANAYAMA (nadi shodana,  yogic breath,  belly and chest breathing) | 30min | Feeling very relaxed and grounded, noticed many thoughts arising while  practicing chest breathing, next time will focus more on drishti between my eyebrows |
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