

YOGA PLANNER



Yoga Practice Planner

Léo Pomar



Yoga Practice Planner:

Yoga Teacher Class Planner 50 Classes with Common Sequences, Pose Library, Sanskrit, and Sequence Builders for Vinyasa Hatha Yoga Instructors and Teachers in Training Yogi Republic Publishing, 2020-10-14 Our Yoga Teacher Journal Planner Logbook 6 x 9 inch 15 24 x 22 86 cm contains 50 double page spreads for you to plan out 50 unique yoga lessons You ll be able to record class dates times and venues for each upcoming yoga class and plan out your entire sequence of postures This logbook also contains common Sanskrit roots common yoga poses and their English Sanskrit names common sequences such as Sun Salutations and Ashtanga Primary sequence and appendix pages to add your verbal que hands on adjustment mantras and everything you need to build your own creative yoga classes [Yoga Teacher Class Planner](#) Yoga Lover Notebook, 2019-12-21 This Yoga Teacher class Planner Flexible Lesson Planning for Any Year Class Planner Lesson Sequence Notebook gag gift for women men adults has been designed for you to plan your yoga classes in advance You ll be able to record class dates times and venues for each upcoming yoga class and plan out your entire sequence of postures This would make a great gift for the favorite yoga teacher in your life to extend your gratitude as a student Or treat yourself to it as a special and useful gift also it s a fantastic gag gift for women men kids adults for the Christmas gift Complete with sections for important dates a student roster parent contact information and weekly and monthly lesson plans this planner has all the brilliantly designed organization you need our journal includes The teacher s pet Hit the books Take notes Features of this journal are 8 5x11 inches 120 white lined pages lined standard B W on both sides front title and owner s contact details page cover soft glossy Perfect travel size for your travel journey put it in your bag or purse This planner was designed with every level of yoga instructor in mind whether in training or out to plan out their yoga lessons and sequence of postures our journal planer will totally help you to keep track of classes themes and sequences every page of the Yoga Journal is numbered *Yoga Teacher Class Planner and Yoga Class Sequencing* Yoga Teacher Planners, 2020-09-19 Our Unique Yoga Teacher Notebook 6 x 9 15 24 x 22 86 cm Is Easy To Carry Contains 150 Pages Along With Index Helpful In Planning More Than 73 Yoga Lessons Comes With A Full Page For Lesson Sequence Features Class Date Time Venue Duration Number Of Attendees Level Of Difficulty Class Theme Focus Or Mantra Proper Space For Notes Music Playlist Oils Props Feedback Space With Star Rating Sturdy Paper Back Cover Key poses 150 Pages Premium Matte Finish Soft Cover Printed On Quality Cream Paper Cool Cover With a 6 x 9 Dimensions You Can Squeeze It Into A Bag With Ease Its Portable And Easy To Carry And Is Useful And Conventional Comes With Professional Trade Bidding Well Crafted Interior We Only Used Thick White Paper To Avoid Ink Bleed Through The Pages Can Be Easily Marked So It Is Easy To Cross Reference Notebook That s Build To Last The Sturdy Cover Is Made Of Tough Paperback With Strong Secure Professional Trade Binding So The Pages Won t Fall Apart After A Few Months Of Usage We Want Our Log Book To Last For You So You Can Look Back Years After Use Conveniently Say Thank You To Your Favourite Yoga Teacher Or Treat Yourself

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