

*SIMPLYFITANDCURVYYOGA*

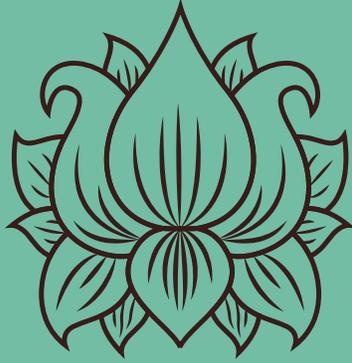
# YOUR YOGA CHECKLIST

*ELEVATE YOUR PRACTICE*



*CREATED BY YOUR NEW  
YOGA BESTIE.....*

Kenya Marsh, CYT-500



*simplyfitandcurvyvyyoga*

# CHECKLIST INTRO



As a long time yoga teacher and student. I understand the headache of trying to find the right things to purchase to aid you on your yoga journey.

This guide was created to be used as a cheat sheet as well as a shopping guide.

No more worrying about which item to purchase.

Just simply print this out and keep it in your dedicated yoga space. Or place it on your refrigerator to use as a reference.

if you run into any mental blocks or feel stuck staying motivated send me an email and I will gladly help you stay on track.



With Love...Kenya



# THE CHECKLIST

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## **NOTE:**

Use this as a reminder of what you need for your yoga space.

- Dedicated Quiet space
- Equipment prepared for viewing
- Block out your yoga time on calendar
- Yoga mat
- Comfortable clothing
- Phone on silent
- Water

When creating a daily routine you want to make sure you repeat the same time each day. It takes about 21-days to create a new habit.

Don't get discouraged if you have not found your rhythm in the beginning. Just show up to your mat everyday and let it flow!



# CREATING SPACE

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**NOTE:**

Use this as a reminder of what you need for your yoga space.

- Dedicated Quiet space
- Is it clutter free?
- Is it distraction free? No pets, no kids?
- Did you set your mood with music?
- Do you feel peaceful in your space?

When creating a daily routine you want to make sure you repeat the same time each day. It takes about 21-days to create a new habit.

Don't get discourage if you have not found your rhythm in the beginning. Just show up to your mat everyday and let it flow!



# WHEN TO PRACTICE

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## **NOTE:**

Use this as a reminder of what you need for your yoga space.

- Use the planner to see when you have time
- Pick one time of day (Morning, Mid, Evening)
- Block out your yoga time on calendar
- Make sure you are feeling alert

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# HOW LONG TO PRACTICE

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## **NOTE:**

Use this as a reminder of what you need for your yoga space.

- Pick a time slot that works for you
- Make sure you stick to the same time daily
- Set a reminder on you calendar
- Set a timer to keep you on track
- Breathe
- Phone on silent

When creating a daily routine you want to make sure you repeat the same time each day. It takes about 21-days to create a new habit.

Don't get discourage if you have not found your rhythm in the beginning. Just show up to your mat everyday and let it flow!

*Simplyfitandcurvyoga*



# BONUS SECTION

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## **NOTE:**

In the Simplyfitandcurvyoga store you can view my top picks for yoga props, meditation, energy clearing, books and more.

All you have to do is click on the text below and it will open up a new window or my top picks on amazon.

## **Yoga Props**

yoga mat, Blosters, Straps

## **Energy clearing**

sage, crystals, and more...

## **Meditation**

Cushions, Dvds, Music,  
and more...

## **Books**

Poses, alignments,  
more...