

eBook

YOGA ANYTIME ANYWHERE

6 powerful prompts to create a Yoga
routine adapted to your busy life

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Zest for Life Yoga

Yoga, anytime, anywhere

Why built a Yoga routine?

1. Your goal
 2. Inside your schedule
 3. Design your routine
 4. Challenges
 5. Track progress
 6. Accountability
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Why build a Yoga routine?

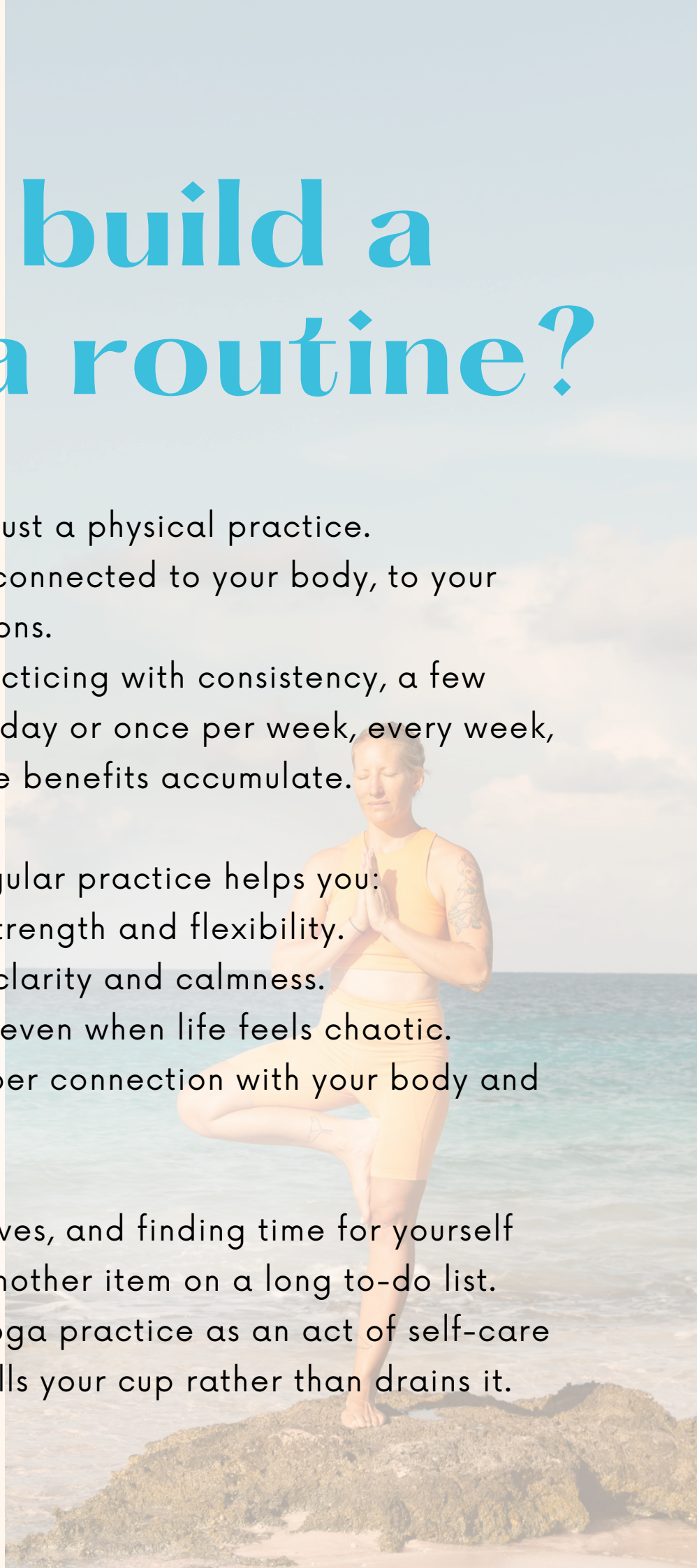
Yoga is more than just a physical practice. It is a way to stay connected to your body, to your sensations & emotions.

When you start practicing with consistency, a few minutes during the day or once per week, every week, you start to feel the benefits accumulate.

Over time, your regular practice helps you:

- Build physical strength and flexibility.
- Create mental clarity and calmness.
- Stay grounded, even when life feels chaotic.
- Develop a deeper connection with your body and breath.

We all have busy lives, and finding time for yourself can feel like just another item on a long to-do list. But think of your Yoga practice as an act of self-care—something that fills your cup rather than drains it.



Your Goal

Why do you practice Yoga?

What do you want to achieve with your practice?

Observe how you feel before & after a Yoga session. Notice your feelings, your level of energy, your focus, your body, your emotions.

Inside your schedule

What are the available time slots in your schedule?

Pro tip: even 5-10 minutes counts!
Identify where Yoga can fit easily into your day.

Design your routine

How often do you want to practice?

What style do you enjoy the most?

What do you want to focus on? (movement, breath, meditation, etc...)

Start with a simple routine: a short session at the beginning of your week. You don't have to practice every day.

Challenges

Which excuses will get in your way?

Knowing in advance the challenges will help you overcome it.

Track your progress

WEEK 1

	MY PRACTICE	HOW I FEEL	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>

Track your progress

WEEK 2

	MY PRACTICE	HOW I FEEL	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>

Track your progress

WEEK 3

	MY PRACTICE	HOW I FEEL	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>

Track your progress

WEEK 4

	MY PRACTICE	HOW I FEEL	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>

Accountability

Would an accountability partner help?

If yes, identify one & communicate about your goal.

We don't all function the same, make sure to know what works for you.

**Your practice
doesn't have to be
perfect; it just has
to be yours.**



Next Steps

Always allow for flexibility in your schedule. Missing a day isn't a failure, it's life.

Revisit your goal and your routine anytime you need motivation.

Thank you!

