

3 STEPS TO FIT YOUR YOGA PRACTICE IN YOUR BUSY SCHEDULE

without feeling overwhelmed



Hi & Welcome

Are you struggling to find when to join a Yoga class as your schedule gets busy?

You love your Yoga practice but find it hard to stay consistent when life gets in the way?

The solution is to bring your Yoga practice with YOU!

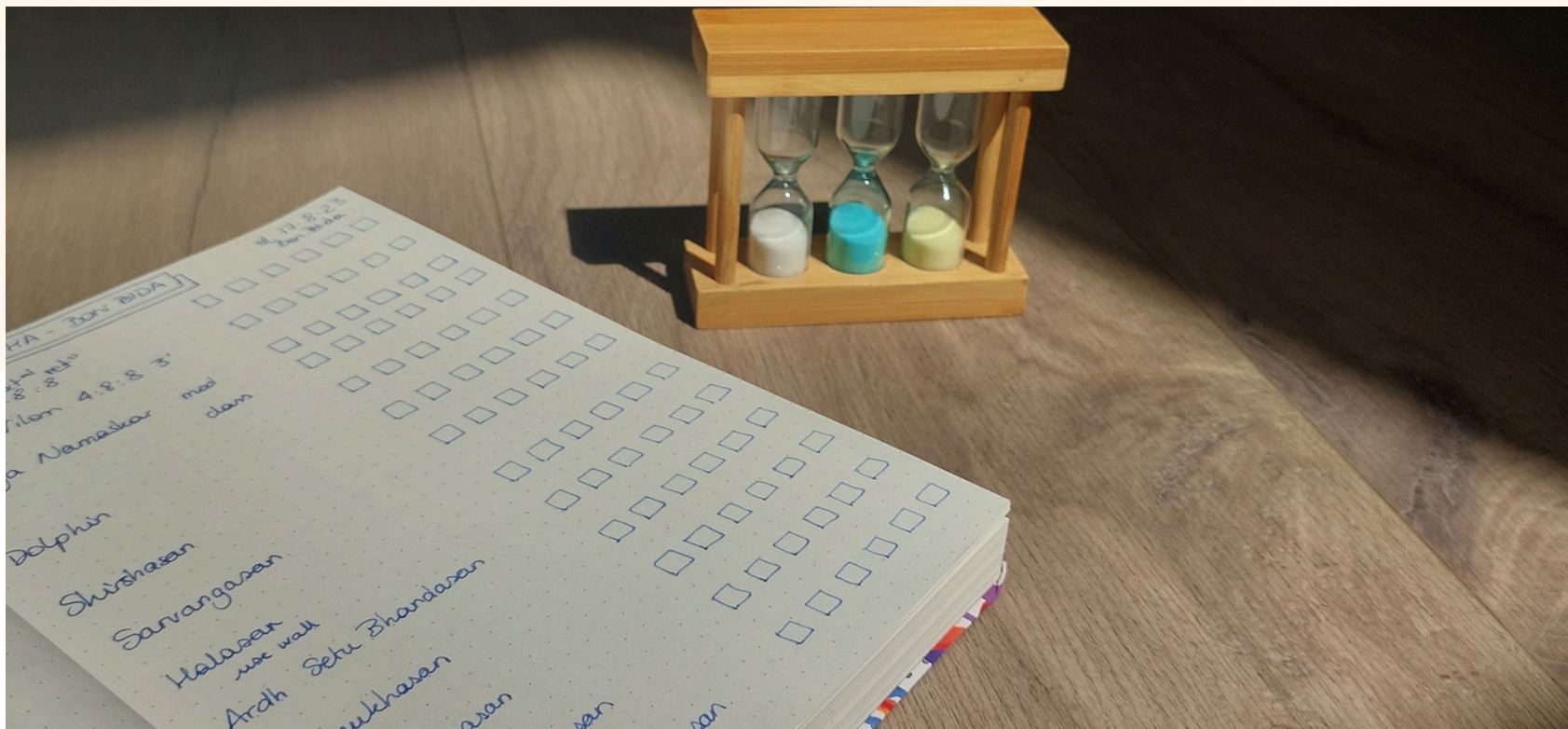
My name is Gwen and I am the founder of Zest for Life Yoga. In this guide, we will cover:

- Step 1 to create time for your practice
- Step 2 to practice Yoga anywhere
- Step 3 to stay consistent

And more with a special bonus at the end to help you get started!

THE BIG MISTAKE

THE BIG MISTAKE YOGA PRACTITIONERS MAKE IS TO SKIP THEIR YOGA PRACTICE WHEN THEY CANNOT MAKE IT TO THE STUDIO.



ASK YOURSELF

- How do I feel when I skip Yoga?
- Do I skip because I don't have time or because of lack of opportunities?
- Could I practice Yoga by myself at home?
- Can I adjust my schedule for some short practices?
- What stops me from practicing online?
- Can I find a routine that fits perfectly my schedule?

01. CREATE TIME FOR YOUR PRACTICE

With a busy schedule, either traveling or ever-changing, you find it difficult to take some time to relax or take care of yourself. You are always on the go and you feel like you cannot keep up.

PLAN YOUR PRACTICE

When you have a busy schedule, you probably don't rely only on your memory to remember appointments, meetings, etc... Use the same tool for your Yoga practice.

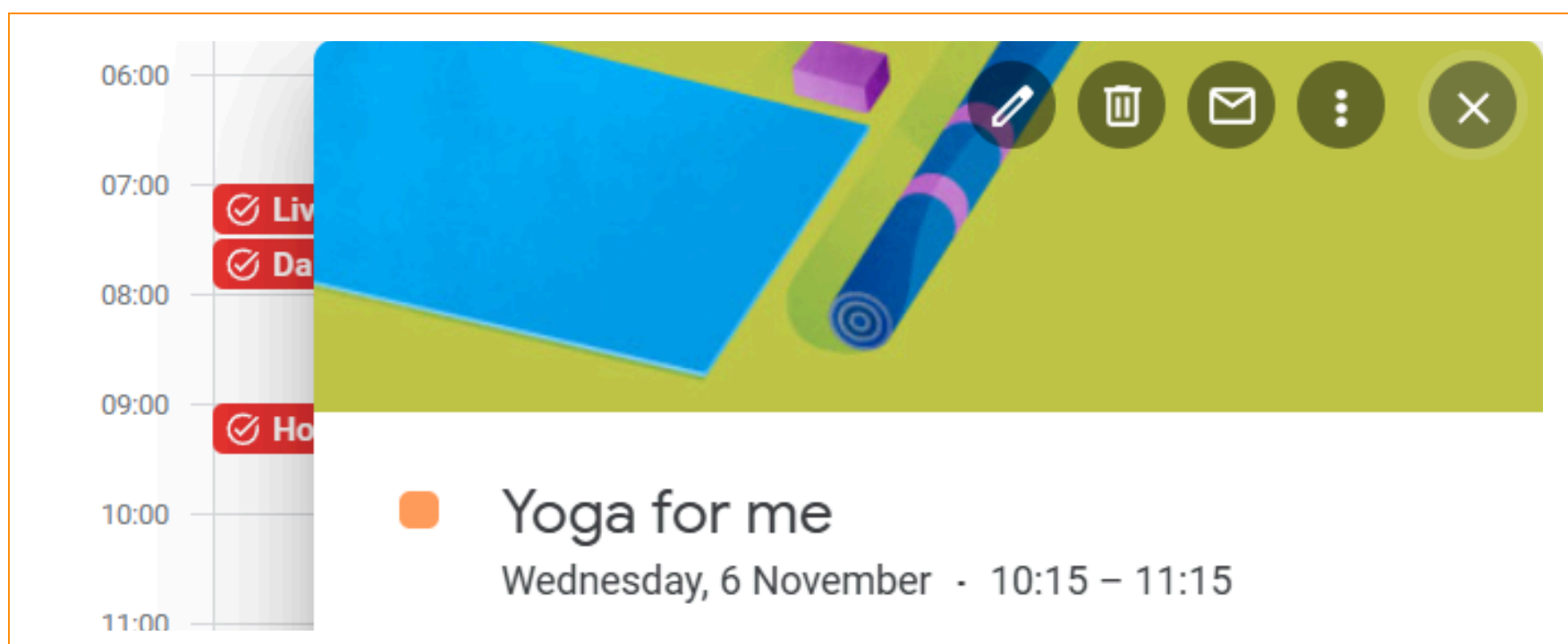
Take a few minutes at the beginning of your week to look at your schedule. If you cannot go to your in-person favorite class, look for small chunks of time where you could practice at home or wherever you are.

BE FLEXIBLE

Changes in your schedule can happen - will happen. If you have to cancel your Yoga session, take these 2 steps:

- 1.guilt-free = just keep your mind & options open.
- 2.take 30 seconds to look at your schedule and find another moment for your practice.

Keep in mind that you are making an appointment with yourself, for your well-being & self-care.



Take action today:

- Open your agenda & write down one moment when you can practice Yoga this week.
- If you cannot honor your appointment with yourself, take the time to reschedule it right away.

02. PRACTICE YOGA ANYWHERE

You know how good you feel when you go to your Yoga class but you cannot make it every week and you feel like you are missing out on the benefits & progress.

MAKE IT SIMPLE

Each Yoga practice does not have to be 60 minutes, in a studio, with relaxation, music, incense, a mat, 2 blocks, a blanket & a bolster!

Do you have a mat? Great. You don't? A beach towel will do perfectly.

Are you sitting at your desk, on the plane, in a taxi? This is a great set-up for breathwork.

Tired in bed after a long & stressful day? Use some myofascial release techniques to relax & improve your sleep.

NO JUDGEMENT

As you plan your Yoga practice, pay attention to the obstacles that come up.

Release any expectations and allow your mind to embrace a range of possibilities, free from judgment.

Rather than evaluating your practice, take a moment after each session to reflect on your feelings.

With a busy and ever-changing schedule, let your practice adapt to your needs rather than trying to fit into a rigid routine.



Take action today:

- **Decide how long you want your practice to be: 5, 10 or 30 min. If you feel like doing more once you've started, enjoy !**
- **After your Yoga session, write down 2 words to describe how you feel.**

03. STAY CONSISTENT

If you are anything like me 2 years ago, you'll jump on your agenda, plan 5 sessions this week & miss all of these! Why? Because we cannot change our entire routine in one week!

START SMALL

Know what you need for success. Some people need to go all in, other need to go slow. If you know that you need to go all in, plan one Yoga session per day, max 5-10 minutes.

If you need time to adjust, start by planning just one session for the whole week, between 10 to 20 minutes.

The most important? Make sure you can do at least one session per week to stay consistent & create a supportive routine.

BUT START!

YOU DON'T HAVE TO BE GREAT TO START, BUT YOU HAVE TO START TO BE GREAT!

One of the biggest challenge in creating a routine is to start it!

Remember your goal(s), the reason(s) why it is important to you to maintain your Yoga practice, even when you cannot make it to the studio.



Take action today:

- **Decide how many session(s) you want to start with.**
- **Write down at least one goal, "Why do I want to practice Yoga?" Review your goal when lacking motivation.**



GET MORE HELP WITH CREATING YOUR ROUTINE

Congratulations on finishing this guide.

I hope you have found some new inspiration on how to fit your Yoga practice in your busy schedule.

You've seen what the big mistake Yoga practitioners make and how to avoid it. You probably also realized while reading this guide that we've only just scratched the surface here on how to find a routine that fits you & how to maintain it.

My passion is to help Yoga practitioners who have a demanding schedule maintain regularity in their Yoga practice, to bring them more balance. And I know that for this, being able to find a routine that adapts perfectly in their life is essential.

I am so excited for you to get started and to see you find your own rhythm. This space & community is all about support as well, so keep an eye on your mailbox, where you will receive 3 short practices for you to do on your own, alongside the weekly newsletter.

Keep in touch to let me know how you are doing !