



Ten to Zen

10 day Journaling Prompts

Journaling is a way to record more than just memories, it allows us to consider our feelings and interpretations of events in our lives.

It can be useful as a therapy technique for working through challenging times and difficult emotions. But for the benefit of our course, we will use some journaling prompts to deepen our yoga experience and take our yoga off the mat and apply it's lessons to our lives.

Journaling Tips:

- find a quiet place to sit for about 10-15 minutes
- light a candle, put on some soothing music or diffuse some essential oils - create a relaxing atmosphere
- close your eyes and consider the prompt for that day
- write (or draw) without judgement, without stopping to check your spelling and without making any corrections
- read your writing back at the end and note any surprising revelations
- keep your journal writing to yourself - you don't need to share it with anyone, this is your journey!

