

# Yoga *Workbook*



A guided workbook to define and grow  
your yoga practice.



*Gday!*

Welcome to your Dog Face Yoga Workbook.

This space is designed to help you get clear on your goals, understand your body, and commit to a practice that supports your growth. Use these pages to reflect, track progress and explore how yoga can fit into your lifestyle with intention and purpose.

*Bianca x*

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# The “Basics”

## Why Your Practice Foundation Matters

Your yoga practice starts with understanding the simple things that often get skipped in busy studio classes. The basics aren't about being a beginner, they're about creating a strong, steady foundation you can keep building on.

### **Why the “Basics” matter**

The foundations of yoga give you clarity, confidence and control. When you understand alignment, breath and mindset, everything else feels smoother. Your transitions become easier, your balance becomes steadier and your practice becomes something you look forward to rather than something that feels overwhelming. The basics support every pose you'll explore, whether you stay close to the ground or head towards the deeper end of practice.

### **What we focus on**

#### *1. Breath awareness*

Your breath sets the tone for your practice. Slow, steady breathing helps regulate your nervous system, build focus and keep your movements controlled.

#### *2. Alignment essentials*

Learning the foundational asana like Mountain (Tadasana), Downward Dog (Adho Mukha Śvānāsana) or Low Lunge (Anjaneyasana) helps you stay safe, activate the right muscles and avoid compensations that make poses feel harder than they need to.

#### *3. Strength and stability*

The basics aren't just stretching. You build strength in your core, legs and shoulders so your practice has structure and support.

#### *4. Movement patterns*

Understanding how your body naturally moves makes everything feel more intuitive. We explore stacking, hinging, balancing and transitioning with control.

#### *5. Mindset and intention*

The basics give you space to slow down, tune in and decide what you want your practice to support. Strength, softness, discipline, mobility, calm... whatever you need, we build from here.

# *Your practice foundations*

What is your intention for practicing yoga?

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What areas of your life do you want yoga to support?

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What values guide your practice?

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# *Vision for your practice*

Fill in your vision with inspiration for your practice. Consider the meaning and the why for your choices.

What is your practice style?

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Is there any asana you want to work towards or have a better understanding?

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What environments inspire your practice?

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Are there any quote, words or symbols that motivate you?

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What energy do you want to cultivate?

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Your practice is a  
journey, not a  
*destination*



Growth comes through consistency,  
curiosity and compassion.  
Your practice should support your body,  
your lifestyle and your wellbeing.

# *Crafting your practice mindset*

HOW DO YOU WANT TO FEEL WHEN YOU PRACTICE?

*Calm – Strong – Playful – Focused – Curious – Grounded?*

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WHAT MOTIVATES YOU?

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WHAT CHALLENGES YOUR CONSISTENCY?

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## *Helpful thoughts*

“Progress is still progress, no matter the pace.”

“I meet my body where it is today.”

“Every time I show up for myself matters.”

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## *Thoughts to release*

“I need to be flexible or strong to start.”

“I should be better by now.”

“Everyone else is ahead or better than me.”

# Practice planner

Use this template to map out a practice routine that feels achievable, supportive and aligned with your goals.

Keep it simple, keep it steady and adjust as you grow.

## Your focus this week

*(Choose one or a few)*

- Foundations
- Strength
- Mobility
- Balance
- Breathwork
- Consistency
- Specific poses:

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## Your schedule

Days:

Practice type:

Duration:

Notes:

## Success looks like

*(Choose or write your own)*

- I practised at least \_\_ times
- I stayed consistent
- I moved with intention
- I listened to my body
- I tried something new
- I rested when needed
- Other:

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# Next steps

## Connect

[gday@dogfaceyoga.com](mailto:gday@dogfaceyoga.com)

Share your journey, story, wins or even challenges with the Dog Face Club community!

## Social

[@dogfaceyoga](https://www.instagram.com/dogfaceyoga)

Tag @dogfaceyoga in your photos, videos or questions. We'd love to support your journey.

## Grow

[dogfaceyoga.com](https://www.dogfaceyoga.com)

Become a Dog Face Yoga member and unlock full access to online programs, personalised guidance and deeper support for every stage of your practice.

