



A FREE WORKBOOK

Yoga Reset Guide

BY TARA LEE
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WELCOME

Summer often brings adventure, travel, and spontaneity, which is wonderful for the spirit. However, sometimes our yoga and self-care routines slip away. This Yoga Reset is designed to help you pause, realign, and step gently back into routine.



Tara Lee



5 SIMPLE STEPS TO RESET

1. START SMALL

Even 10-15 minutes is enough to reconnect. Tell yourself you are only doing 5 minutes and see how much you feel like doing once you start.

2. CHOOSE FAMILIAR POSES

Return to postures or one of our favourite online classes that feel safe and grounding.

3. CREATE A RITUAL

Put on your favourite yoga kit, light a candle, play some inspiring music and roll out your mat.

4. SET AN INTENTION

Create a sankalpa, choosing a word or phrase to guide your practice.

5. BE KIND TO YOURSELF

Be gentle with yourself and celebrate simply showing up





Breathwork practice

GOLDEN THREAD BREATH

HOW TO PRACTICE:

- SIT TALL OR LIE DOWN COMFORTABLY.
- INHALE THROUGH THE NOSE.
- EXHALE SLOWLY THROUGH SOFTLY PARTED LIPS, AS IF BLOWING THROUGH A STRAW.
- IMAGINE A GOLDEN THREAD FLOWING OUT WITH EACH BREATH.
- REPEAT FOR 5 ROUNDS.

USE THIS BREATH ANY TIME YOU NEED CALM AND GROUNDING.





5 MINUTE PRACTICE PLAN

- Cat-Cow (Marjaryasana-Bitilasana) – 5 breaths
- Child's Pose (Balasana) – 5 breaths
- Downward Dog (Adho Mukha Svanasana) – 5 breaths
- Low Lunge (Anjaneyasana) – 5 breaths each side
- Seated Forward Fold (Paschimottanasana) – 5 breaths
- Reclined Twist (Supta Matsyendrasana) – 5 breaths each side
- Savasana – As long as you have time for!





CREATING YOUR SANKALPA

A Sankalpa is a positive statement that expresses your heartfelt intention. Use it as a guide for your practice and daily life.

- Begin with the present tense: "I am..." or "I choose..."
- Keep it positive: focus on what you want to grow, not what you want to avoid.
- Make it simple: choose a word, phrase, or short sentence.
- Ensure it feels emotionally powerful and true to you.
- Repeat it silently at the start and end of your practice.

Examples:

I am calm and grounded.

I choose to move with ease.

I am open to new beginnings.



Add your Sankalpa here:



Reflection Space:

Today I noticed...

My Sankalpa for this season is...



My Yoga Practice Log

DATE

TIME

MOOD AND ENERGY LEVELS BEFORE YOGA

CLASS NAME:



Notes about the class

REFLECTIONS

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HOW I FEEL NOW

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