

A SMALL BEGINNING

Your practice. A page to begin.

This introduction offers three sheets for reflecting on yoga, meditation or a familiar personal practice. Use them in your own time. They do not need to be three consecutive days.

Before practising, notice how you arrive and choose an intention. Afterwards, describe one thing you remember. Finish with a small observation or question to carry into the day.

A few words can be enough. You do not need a profound insight, a peaceful session or a complete explanation. Write what you can honestly recall. Leave the rest open.

Print the following pages on A4 paper at actual size, or copy the questions into any notebook. This PDF is designed for handwriting and has no interactive fields.

These pages were created as a free introduction for the website. They are not an extract from the paid fillable journal. The complete English digital package offers a 30-day structure, a local app and a quick-start guide.

No registration is required. Your handwritten notes are not sent to Cuadernos Purnata.

Explore the journal and practice guides:

cuadernosburnata.com/en/sadhana-journal

PRACTICE SHEET 1 / 3

Begin where you are.

Date: _____ Practice: _____

BEFORE

How do I arrive today? What is my intention?

AFTER

What do I remember? How did I respond?

INTO THE DAY

What would I like to remember or explore?

One sentence is enough. You can return when it is useful.

PRACTICE SHEET 2 / 3

Begin where you are.

Date: _____ Practice: _____

BEFORE

How do I arrive today? What is my intention?

AFTER

What do I remember? How did I respond?

INTO THE DAY

What would I like to remember or explore?

One sentence is enough. You can return when it is useful.

PRACTICE SHEET 3 / 3

Begin where you are.

Date: _____ Practice: _____

BEFORE

How do I arrive today? What is my intention?

AFTER

What do I remember? How did I respond?

INTO THE DAY

What would I like to remember or explore?

One sentence is enough. You can return when it is useful.