

RANJANA YOGA CLASS

Yogic Journaling

A Beginner's Guide to Reflection

Simple journaling prompts to deepen your practice and notice what helps

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What yogic journaling is

Journaling is writing down thoughts, feelings and observations. In yoga, it is a way to practise self-study, which traditional texts call *svadhyaya*.

You do not need to write well. A few lines after practice can show patterns in mood, sleep, pain and energy that are easy to miss.

The short answer

Keep a small notebook or a note on your phone. After practice, write three lines: what you did, how you felt, and one thing you noticed. Keep it private and kind.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

Journaling can bring up strong feelings. If it makes you feel worse, stop and talk to someone you trust, or a doctor or counsellor. It is a reflection tool, not therapy.

Stop and get medical advice if you notice:

- feeling overwhelmed or distressed after writing;
- thoughts of harming yourself (seek urgent help);
- difficulty coping with daily life.

3. Simple prompts

When	Prompt
After practice	How do I feel in my body and mind right now?
Morning	What is one gentle intention for today?
Evening	What went well today?
Weekly	What helped my practice? What got in the way?
Monthly	What has changed since last month?

4. What to track

Item	Why
Practice type and length	See what is regular.
Mood, 1 to 10	Spot patterns.
Sleep	Link with practice.
Aches or pain	Share with a teacher or doctor.

Keep it light. Skip days without guilt.

5. A 5-minute writing routine

Time	Practice	Notes
1 min	Sit and breathe	Slow.
3 min	Write freely, no editing	Short sentences.
1 min	Read it back kindly	Notice themes.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Three lines after practice	3 min	Easy to keep up?
2	Add a morning intention	5 min	Does it shape the day?
3	Add a weekly review	10 min	What patterns show up?
4	Share a pattern with your teacher or doctor	Chat	Is anything worth raising?

7. Choosing a class or teacher

Some classes close with a short reflection or journaling. A good teacher invites, never forces, sharing.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

8. Practising at home

At home, keep the notebook by your mat. Write by hand or in a notes app, whichever you will use.

9. Honest expectations

Reflection can improve self-awareness for many people. It is not a treatment. Keep your journal private if it contains sensitive thoughts.

10. Common mistakes and fixes

Mistake	Fix
Judging what you write	Be kind.
Writing for others	It is private.
Making it a chore	Short is fine.
Only recording bad days	Note good ones too.
Ignoring distress	Reach out for help.

11. Questions people ask

What is svadhyaya?

Self-study, a traditional yogic practice of reflection.

How often should I journal?

Even a few times a week helps.

Do I need special prompts?

No. Free writing works.

Is journaling therapy?

No. It can complement care but does not replace it.

12. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

13. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

14. Glossary

Term	Plain meaning
Svadhyaya	Self-study.
Intention	A gentle aim for your day.
Reflection	Thinking back on an experience.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Journal notes	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				