

Finding balance in life is hard. Work and family life can be demanding. So how do we balance this out?

Yoga can be a great tool to help find balance in our lives. Work through these exercises to help find balance.

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**EXERCISE 1:**

Yoga is not just the physical practice, but more a mental practice as well. Fill in the below to help find balance.

**BALANCE ON THE MAT**

Examples of some balancing asanas:



**BOW POSE**

Opens the shoulders and chest, whilst working the quads and core



**BOAT POSE**

Works the core, as well as strengthening the hip flexors, and lengthening the spine



**EAGLE POSE**

A fun balancing pose, helping to find the balance between breath and drishti, mind and body



**DANCER POSE**

Lengthens the spine, strengthens the quads and opens the chest and shoulders

*In the physical practice we find the balance of mind / body / breath / drishti*

**BALANCE OFF THE MAT**

Example 1:

*For 1 hour Monday night I will sit and read my book.*

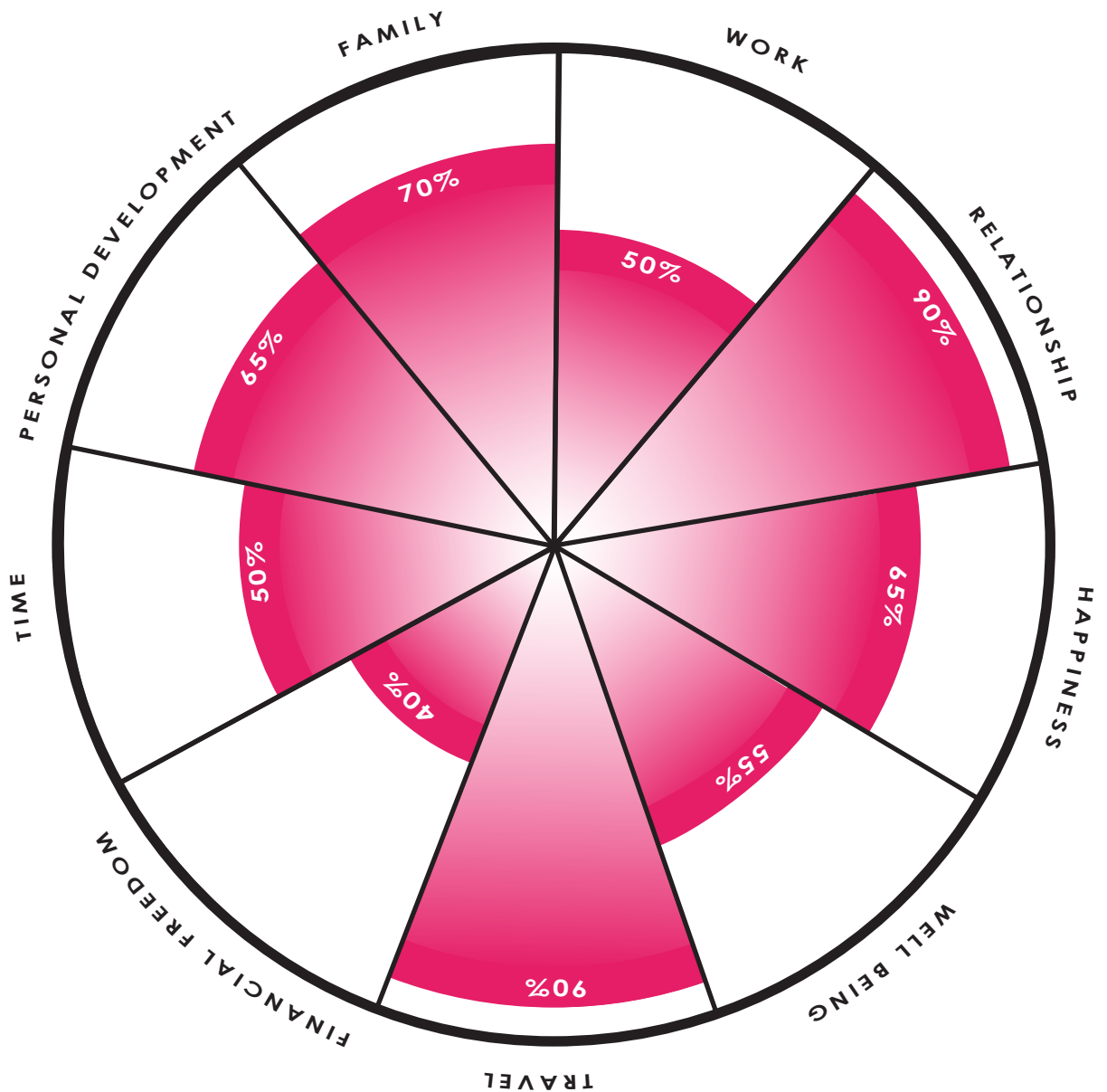
Example 2:

*Every Saturday afternoon I will allow myself tea & cake, after being healthy all week.*

Write down at least 5 things off the mat to help find balance in your life:

- 1) \_\_\_\_\_
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- 2) \_\_\_\_\_
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- 3) \_\_\_\_\_
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- 4) \_\_\_\_\_
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- 5) \_\_\_\_\_
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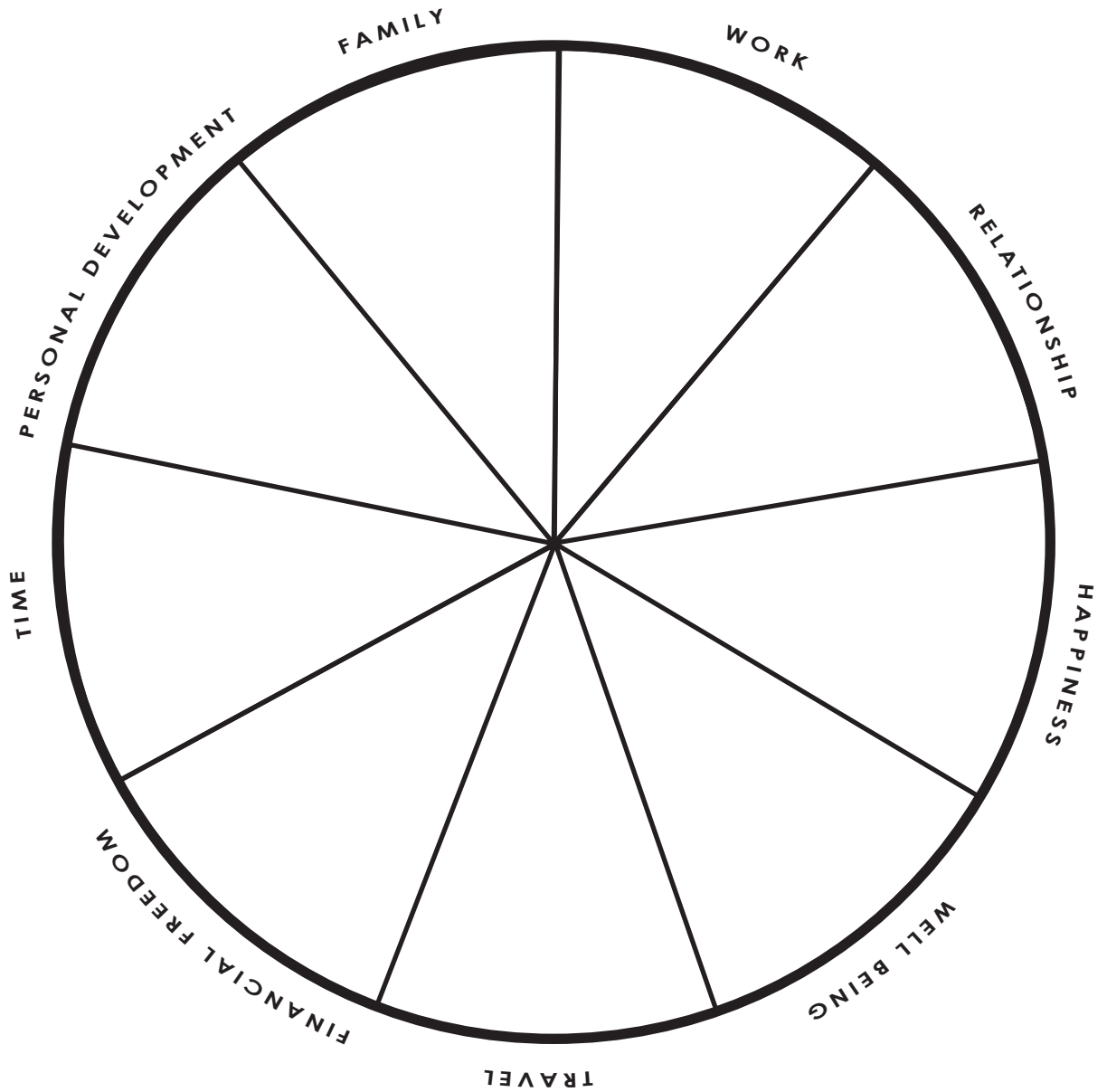
**EXERCISE 2:**  
Look at key areas of your life & identify what percentage they hold. This is a great exercise to compartmentalize your life as a whole and see which areas need some work.



Example:

Above is an example, showing someone who is happy in their relationship and travel / holiday needs, with family, happiness and personal development coming in second. Yet their work isn't fulfilling them and they are time-poor with little financial freedom.

MY PERSONAL BALANCE WHEEL



PIN YOUR WHEEL UP BY YOUR MIRROR IN THE BEDROOM, OR IN A VISABLE PLACE, FOR YOU TO REFER TO ON A REGULAR BASIS

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**EXERCISE 3:**

Studying your balance wheel, what next steps are you going to take, to get a healthier and well-balanced life?

**BALANCE WHEEL | WORK**

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**BALANCE WHEEL | RELATIONSHIPS**

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**BALANCE WHEEL | HAPPINESS**

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BALANCE WHEEL | WELL BEING

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BALANCE WHEEL | TRAVEL

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BALANCE WHEEL | FINANCIAL FREEDOM

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BALANCE WHEEL | TIME

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BALANCE WHEEL | FAMILY

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BALANCE WHEEL | PERSONAL DEVELOPMENT

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