

Integrated Practice Tracker

Week	Item	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Remarks/experiences you may like to write
I	Bhastrika								
	Antar Kumbhaka								
	Bahya Kumbhaka								
II	Bhastrika								
	Antar Kumbhaka								
	Bahya Kumbhaka								
III	Bhastrika								
	Antar Kumbhaka								
	Bahya Kumbhaka								
IV	Bhastrika								
	Antar Kumbhaka								
	Bahya Kumbhaka								
V	Bhastrika								
	Antar Kumbhaka								
	Bahya Kumbhaka								
VI	Bhastrika								
	Antar Kumbhaka								
	Bahya Kumbhaka								
VII	Bhastrika								
	Antar Kumbhaka								
	Bahya Kumbhaka								
VIII	Bhastrika								
	Antar Kumbhaka								
	Bahya Kumbhaka								

