

# Set Up an At-Home Practice

A home practice is essential for deepening your practice. It's something positive you can do for yourself regularly that is good for you, easy to do, requires little to no equipment, and is free!

A home practice is a beneficial complement to yoga classes.



## WHAT IS A HOME PRACTICE?

- Just what it sounds like: a **regular self-care routine** that you do on your own.
- It can be yoga, meditation, breathing exercises, stretches or even a gratitude or journaling/self-reflection ritual
- It's most likely usually done at home, in a quiet space, but you can also practice away from home: at the beach, while traveling, in a peaceful park or outdoor space, or anywhere you can find a few moments for private reflection.



## BENEFITS OF A HOME PRACTICE

- **Health & Wellbeing:** it's a form of self-care that helps support your mental, spiritual and physical health.
- **Privacy:** you practice by yourself, in the comfort of your own space, in a place of peaceful solitude. You are free of any judgement, competition or distraction
- **Personalized:** it is YOUR practice--do what you like and what works for you! Make it your own with mantras, intentions, music, and items that mean something to you.
- **Flexible & convenient:** You do as much or as little as you want, when, where, and how you want! Usually in the comfort of your own home/space.  
*As I like to say, it's up to you. You're in charge.*



## REMEMBER TO INCLUDE

- **Focus on breathing and centering** as the foundation of your practice.
- **Move the spine in 6 directions** to include standing poses, back bends, twist, hip openers, forward bends and restorative poses. This increases flexibility.
- **Include shavasana**, a deep relaxation at the end of practice to assimilate the work you have done previously. (This may be your favorite part!)

*In addition to creating an immediate sense of well-being, yoga and meditation facilitate positive changes. It is a ripple effect; one positive habit leads to another. It can bring renewal of confidence, courage and trust in oneself.*

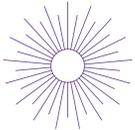
# *Set Up an At-Home Practice*

## Yoga and Meditation



### **ESTABLISH A REGULAR TIME TO PRACTICE**

- Choose a time that will work with you most days - having a consistent time set aside most days will help you stick with your practice.
- The best times are before breakfast or before dinner - when you are not too hungry or too full from eating.



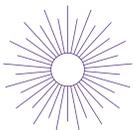
### **DECIDE HOW MANY TIMES A DAY & FOR HOW LONG TO PRACTICE**

- Start your practice for 10 minutes, working up to 20 minutes when time allows.
- Once a day is good; again, if time allows, you may practice twice a day.



### **CHOOSE A QUIET, COMFORTABLE PLACE**

- Find a quiet corner or room in your home, away from activity.
- Set up your space with a comfortable chair or cushion and a sweater or blanket to keep warm.
- For yoga, also have a mat, blocks and a strap. Ensure your space has ample room to move around as needed.
- If you'd like, play relaxing music to encourage a peaceful atmosphere.
- Add items that are meaningful to you.



### **STICK TO YOUR PRACTICE BY CREATING A HABIT**

- Recognize that you would like to change and why. How will this practice benefit you and why is it important to you?
- Be consistent and persistent - practicing the same time each day should help.
- Be flexible and let go of perfection - if you miss a day, just start again.