

# 5 EASY STEPS TO JUMP-START YOUR HOME YOGA PRACTICE



## BENEFITS OF A HOME YOGA PRACTICE



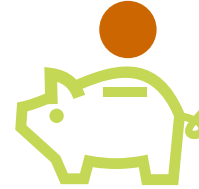
Feel better every day



No need to go anywhere



Your pace, your style, your choices



Save money



Develop discipline

## 1 PLAN AHEAD

Decide on which practice you would like to try and keep it handy.



Create a practice yourself if you are comfortable with doing it

OR



Ask your yoga teacher to design one just for you



Find a sequence online



Find a video online



There are a lot of resources on-line when it comes to yoga practices, but not all are created equal. Try to go with a reputable source, like [yogainternational.com](http://yogainternational.com) that offers a big library of free classes. Start conservatively and gradually increase the challenge.

## 2 HOOK THE PRACTICE ON TO SOME OTHER ACTIVITY

It's easier to remember to do it if you know exactly WHEN you will do it.



Right after getting up



Right before shower



Right before lunch



Right after work



Be sure to hook it on to something that you do regularly and DO NOT do it after a meal

# 3

## GET DOWN ON YOUR MAT

The most important thing is to get on your mat. Don't think about it, just do it.



Check in with yourself  
"How are you today, honey?"



Deepen the breath.  
Take time to inhale and to exhale.

# 4

## BEGIN YOUR PRACTICE

It doesn't matter how long your practice is, as long as you stay focused on what you are doing.

If you only have few minutes

OR

If you KNOW how to arrange a yoga practice

OR

If you are NOT SURE how to put a practice together



DO "MAGIC THREE"

to warm up your body and mobilize the joints.



TUNE IN

to what your body needs and attend to that



REACH FOR

your planned routine

## "MAGIC THREE" YOGA POSES



**Start** on your hands and knees.

**Inhale:** Lift your chest forward and up.

**Exhale:** Start to move back, gradually contracting your abdomen. Make sure to bring your elbows down first, then move your butt toward the heels.



**Start** on your stomach, forearms on the ground, shoulders and neck relaxed.

**Inhale:** Pull slightly back with your hands and lift the chest up. Keep the shoulders away from the ears. **DO NOT PUSH UP!**

**Exhale:** Move back down.



**Start** in the Child's pose, hands on the lower back, shoulders relaxed.

**Inhale:** Lead with the chest as you go up to stand on your knees, arms up.

**Exhale:** Gradually contract your abdomen and bring your chest down to your thighs.

# 5

## CHECK IN - HOW ARE YOU FEELING?

Take a few breaths and notice if any change has taken place.



It's much easier to continue a regular yoga practice if you know that you feel better afterwards.



Remember - it is very hard to **FIND** time for your practice, you need to **MAKE** time if you want to reap the benefits.