
HOME PRACTICE CHECKLIST

1. WHY START A HOME PRACTICE?

- To deepen your understanding, knowledge and confidence in the asanas and improve your awareness of yourself (body and mind).
- To strengthen and gain mobility in a specific problem area in the body for example: neck and shoulders or back issues.
- Home practice gives you more space and time to play around with poses that are difficult for you.
- A regular practice helps reduce stress and promotes a more balanced lifestyle.
- Classes inform how to do your home practice and then your home practice helps to get more out of your classes.

2. HOW TO SET UP FOR SUCCESS AND BEGIN A HOME PRACTICE

- Start slow, don't set the bar too high.
- Start with what you know and are learning in class for a while and then over time build in more challenging poses.
- Don't practice poses that you haven't learned and gained confidence with in class (eg. Sirsasana - headstand)
- Make it a priority - schedule it as you would any other appointment. Set aside a time and place in your house to practice that is quiet and clean.
- For some people first thing in the morning is best. For others, evening after dinner is better. If you have an office job or a job where you stand a lot, take 5 minutes to do the shoulder poses 1 - 3 times and an Adhomukha Svanasana (downward facing dog) from the wall or chair and if time permits a chair twist!
- Buy some props. To start get 2 wooden blocks and a strap for standing poses. As you progress to Salamba Sarvangasana (supported shoulderstand) you can buy 4 foam blocks, a foam platform or 4 - 5 blankets. A bolster and a chair is also a wonderful addition.

3. WHAT POSES AND FOR WHAT PURPOSE?

- Start with what you learn in class.
- If you only have 5 - 10 minutes do: a) all the shoulder poses b) one pose for 5 minutes with repetitions and different variations such as Adhomukha Svanasana (downward facing dog) - hands at wall, heels at wall, classically, jump back and forth to Uttanasana or c) a restorative pose like legs up the wall or Supta Baddha Konasana (reclined bound angle pose).
- If you are physically tired, start with a restorative pose or two and then move slowly to more active poses.

If you are mentally tired you can also try this strategy or start with a supported forward bend and then poses you know well.

Always include at least one seated pose such as Virasana (hero's pose) and a twist after other poses and if you practice Salamba Sarvangasana (supported shoulderstand), do this near the end of your practice and finish with Savasana.

See Yoga North's "Resource tab" at www.yoganorthwinnipeg.ca and click on "home practices"

4. WHAT TO DO IF YOU GET STUCK OR DO NOT KNOW HOW TO PROCEED?

- This is part of the fun of your home practice. Experiment, see if you can find a solution based on your own discovery or on something that you learned in class.
- Consult one of the many great Iyengar books out there: Path to Holistic Health; A Woman's Guide to Yoga; Yoga the Iyengar Way; How to Use Yoga. If you need a suggestion, talk to one of us at Yoga North for a recommendation as we have these books available.
- Ask your teacher! That is what we are here for-you can ask us within the context of a class or before or after class.
- If you have a specific health issue that needs addressing, we offer private sessions by appointment.

5. MOST IMPORTANTLY YOU WILL NEED TO....

- Be a student of yoga of your own body and mind.
 - Cultivate the desire to learn!
 - Find patience, perseverance, persistence and zeal.
 - Just do it!
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