

BENEFITS OF A HOME PRACTICE

by Lesa Kingsbury

Get your yoga mat, roll it out at home and now what? You have been to class for a few months and get the basic movements of a downward dog and a childs pose, but what is the sequence after that?!?, Vinyasa or Alignment yoga styles; both have some logic to them, right? Right!

Back up to "roll out the mat....."

It makes such a big difference to my day - even doing one childs pose into downward dog and back into childs pose. (If you don't believe me, go do it right now and come back). It changes your mindset, slows the mind chatter (citta vrtti), and gives me the opportunity to make the day about choice, not habit.

A home practice is a quiet and inward exercise that facilitates go deeper but can be the vehicle for authentic navigation in your day to day life.

When we are in class, the teacher is speaking and we are partly outward listening to their instructions while partly returning inward to observe. Home practice allows us to go inward and inward. This hones our ability of self awareness and being present in the moment. Learning to respond rather than react. Home Practice and Classes can be a very powerful thing. They refine our understanding of the poses; bring awareness to the things we forget to do, make us look outside the box.

A very respectable practice (and accessible to anyone) is the following:

- Tadasana - Mountain Pose
- Utthita Trikonasana - Triangle Pose
- Virabhadrasana 2 - Warrior 2
- Utthita Parsvakonasana - Extended Side Angle
- Virabhadrasana 1 - Warrior 1
- Parsvottanasana - Extended Chest Pose
- Downward Dog
- Childs Pose
- Bridge Pose and/or Legs at the Wall

It is well rounded in that it gives strength and stability to the legs, opens the chest, shoulders, hamstrings and groins. Then it concludes with a rest and renewal of the legs and the heart.

So start here. Over the next two weeks bring questions to class about your poses and then feel confident about starting your home practice this Month!