



Top Tips for Home Yoga

Where

Find a space that is as quiet and pleasant as possible. It could be alongside your bed, in a spare room, or on a rug in the living room. You need enough space to lay down. It should feel warm enough, or wear warm layers. Clear some space so that it feels open and inviting.

When

Find a regular time that you can do each week / day. Remember you only need a few minutes to start with. The best time is often before breakfast, then it's done and you don't need to squeeze it in later when your day gets busy. Put it in your calendar, treat it like a real commitment.

Kit

A yoga mat is helpful but by no means essential. Carpet or a rug is fine too. And perhaps a couple of folded blankets or towels to sit on to help make your seated positions more comfortable. Wear comfortable clothing that allows you to move easily. Pyjamas, leggings, shorts, joggers, are all good.

Value your practice

Prioritise it over the busy-ness of life. Tell those you live with what you are about to do and ask not to be disturbed if possible. If you have children, perhaps close your eyes when they come over to you, or invite them to join in quietly. Everyone will soon learn to respect your yoga time.

Take notes

A yoga diary can help you see how you are getting on. It will help you to start to understand what you enjoy, where your struggles are, what stops you from getting to your practice. This is private to you, so be honest.

Enjoy your practice

Most importantly... Your practice should feel enjoyable, refreshing, engaging. If anything is a struggle, or you find yourself skipping anything, this is good to notice. It is normal to find some things easier than others. Pay close attention to how things make you feel and it will help you find a practice that really suits you. Sometimes what you struggle with is what would be most beneficial to keep working on. But it might be an indication to do it a different way or do something else. Listen to your body, enjoy what you do, and if you really find something uncomfortable, do stop or rest from it, don't just push on.

Enjoy and congratulate yourself that you are doing this.