



# How to Practice Yoga at Home

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# Benefits of Practicing at Home

Pre-pandemic, most of us practiced yoga in a studio, in person with the teacher, free of the distractions of home, with an abundance of available yoga props.

Practicing at home is certainly different, but it also has a lot of benefits:

- Great for beginners who are nervous to try yoga in a studio environment
- Making yoga a part of your daily routine (maybe first thing in the morning or just before bedtime)
- Practice for a duration that suits your schedule
- No time wasted commuting to and from the studio
- Wear whatever you'd like
- No distraction from seeing other students' practice





## Find a Practice Space

If you want to practice yoga at home, first you'll need to find space for your practice! For some of us, just the sight of our yoga practice space set up with our yoga props can entice us to practice.



If you have an extra room or unused space in your home, you can set it up as a dedicated yoga space. Don't have an extra room? You're in good company! Most of us have to be a little more flexible - no pun intended - and clear out a yoga space somewhere in our home when we're ready to practice.

Generally, we try to minimize distractions when we're practicing yoga. Try to find a spot that's quiet and uncluttered. Look for a spot that's roomy so you'll have space to move off your mat if needed.

Remember, your practice space may help set the tone for your practice, but it doesn't define the quality of your practice. Don't let finding the "perfect space" hold you back from practicing. Make the best of the space you have, and get started.

# What to Practice

You may ask yourself: what exactly should I practice? The options are really endless, and for some, that can be overwhelming! Let's look at a few options:

## **Beginners Yoga**

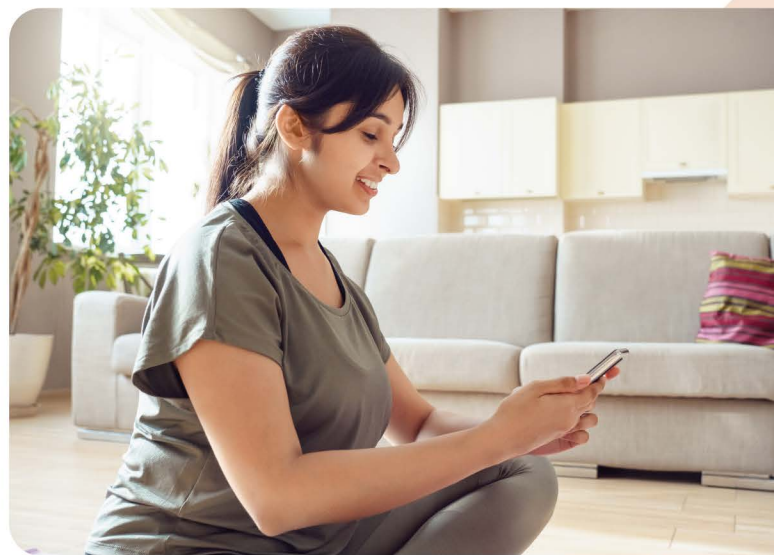
If you're brand new to yoga, start at the beginning with our free 7 Day Beginner Yoga Challenge. ([link](#))

## **YouTube Videos**

If you're ready to earnestly begin your practice, but you're a little nervous about being seen on camera, YouTube videos might be a good option. You can review a variety of videos, find one that looks like a good fit, and practice on your own schedule. ([link](#))

## **Monthly Practice Calendar**

If you enjoy the YouTube videos but you're ready for a little more accountability and more guidance and direction, check out our Monthly Practice Calendar Community. Every month we create a new Calendar, where each day links directly to one of our YouTube videos. It takes the guesswork out of figuring out what to practice. You'll also get access to our private Facebook community, a monthly Q&A Livestream, and a growing library of exclusive practice videos. ([link](#))



## **Online Yoga Classes**

Become a Member of our online studio and attend classes live from the comfort of your own home. Join our yoga teachers via Zoom or watch the class recordings. Classes are 60 minutes long and are offered every day of the week, and you'll have access to our library of all classes taught over the past 30 days. This is a great option if you'd like accountability, hour long classes, and an always-available fresh rotation of classes. ([link](#))

## **Yoga Wellness Coaching**

If you want to practice yoga to improve your health and wellbeing, but you feel you have a lot of obstacles to overcome and you need guidance, Yoga Wellness Coaching may be a good choice for you. ([link](#))



## Establish a Routine



When you're starting out with a home yoga practice, it's beneficial to establish a routine for when you'll practice. Traditionally, a morning practice is recommended, but the ideal practice time is a time when you'll be able to stick with it!

The first step in establishing your routine is to think about your day and identify a timeslot when you can do your yoga practice. Consider how much practice time is realistic for you.

People often think that yoga practices need to be at least an hour long, but that's not necessarily true! One great thing about practicing yoga at home is that you have complete control over how long you practice. If you only have 20 minutes to spare, you can pull up a YouTube video like our 20 Minute Yoga For Everybody. ([link](#)) If you prefer a longer practice, you can join our online classes ([link](#)) which are an hour long and are available live and via recordings.

Once you've determined what time and how long you'll practice, set a goal for how often you'll practice each week. We recommend practicing most days of the week in order to gain the best results in terms of strengthening, flexibility, reduction of aches and pains, stress management, mental clarity, stabilized mood, improved sleep, and much more.

Finally, put it on your calendar! When you set aside dedicated or "protected" time for yoga, you'll be much more likely to establish a successful routine. And remember - the last thing you want is for your yoga practice to stress you out. If you miss your practice one day, please don't beat yourself up over it. Just resolve to get back on track the next day!

# Keep in Mind the Purpose of Yoga

The Yoga Sutras teaches us that the purpose of yoga is to quiet the mind. What does that mean? Well, quieting the mind means to help the mind be free from distractions, to be able to be present and focused on the matter at hand, whatever that might be.

We use physical yoga postures to begin training the mind. We concentrate on the teacher's words and follow her instructions. Sometimes our minds might become distracted by passing thoughts (errands we need to run later, a stressful situation at work, etc.), but as we are practicing yoga, we consciously and continuously make the effort to abandon those distracting thoughts and remain focused on the yoga practice.

After practicing yoga for some time, your mind will become more focused, calm, and present. You'll find you can concentrate for longer periods of time, better maintain your peace in stressful situations, and possibly notice an improvement in your quality of sleep.



When practicing yoga at home, you may face additional distractions as compared to when you practice in a yoga studio. Let's examine those distractions now.



# Dealing with Distraction: Children

Parenting is hard, and yoga can really help you calm your mind and find a new reserve of energy and patience. At the same time, children can be a real distraction to your home yoga practice. Older children are more self-sufficient and may not present challenges to your practice, but younger children need more attention. Here are some strategies to consider when planning your home yoga practice.

Practice while the children sleep - wake up early to enjoy distraction-free practice before they wake up. Or if they're young enough to still take naps, practice during their naptime. Often this is the most reliable way to develop a consistent practice routine with young children in the house.

If it's not possible to practice while they sleep, then have them sit close by with a snack, book, or activity to keep them occupied while you practice.

An hour-long practice is probably not realistic if you have small children at home, and that is ok. Remember that a little practice is better than no practice. You'll probably feel much calmer after a good, focused 10 minute practice than a distracted 60 minute practice, so set your expectations according to what's reasonable in your home. If 10 minutes is all you have, there are plenty of short yoga videos available, like 10 Minute Yoga for EveryBody on our YouTube channel. ([link](#))



# Dealing with Distraction: Pets

Pets are cute and snuggly, but they can definitely be a distraction to your home yoga practice. Some pets seem to think yoga is the perfect time to ask for pets or snuggles, some simply want to be near, on, or under you while you practice, and some just can't wait for you to finish so you can play or give them a snack.



Here are some strategies for practicing with pets at home:

- Take them for a walk. Exercise might tire them out just enough that they'll rest quietly while you do your practice.
- Close the door. If necessary (and possible), practice in a room with a door you can shut to keep your furry friends out.
- Create a special spot for them. Designate a special blanket just for them and place it near your mat at practice time. Give them a few snuggles then direct them to their yoga blanket.
- Let them be on your mat. If they're small enough and they don't mind moving for you, it might be best to let them hang out on an unoccupied corner of your mat. Teach them to move to a new spot if you need to move into theirs.
- Practice together. If all else fails, just do your best to get in a little practice and breathing. Consider wrapping up your practice with breathing while your pet sits on your lap or snuggles alongside you.



# Closing Thoughts

Practicing yoga at home can be an excellent way to improve your health and wellness. We're happy to answer any questions you may have. Please feel welcome to contact us at [info@rryogaroom.com](mailto:info@rryogaroom.com).

